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Your essential daily news | WEEKEND, JUNE 24-26, 2016

High 20°C/Low 10°C Scattered thunderstorms

Clean up the creosote now, Woolley urges

ENVIRONMENT

City set to hear impact study on Monday

Helen Pike
Metro | Calgary

With or without CalgaryNEXT, this is the time to move on the $85 million and $140 million creosote clean-up, according to the ward's council representative.

On Monday, the City of Calgary is set to hear an update on the environmental impact study done by the Calgary Municipal Land Corporation — which ultimately recommends against erecting a stadium project on the coveted site.

But for Evan Woolley, CalgaryNEXT or not, there's a momentum he wants councillors to give direction on, and that's moving forward with the clean up.

"We will move forward on the environmental work as a responsibility, and as a promise to Calgarians," said Woolley. "I will not be supporting anything that doesn't have a strong commitment towards cleaning up."

CMLC's report shows the timeline for a clean-up could see construction start after remediation is complete in 2022 to 2026. But the city still hasn't been able to implement the "polluter pays" policy with the now defunct Canada Creosote Company Ltd.

Woolley said it's time for the city to stop resting on their laurels, and work has been moving along "at a snail's pace."

Susan Veres, spokesperson for CMLC, said the next steps for the West Village are very much dependent on council's direction on Monday. "In our opinion, West Village is ripe for a master plan approach with or without a sports complex," wrote Veres. "However, a master plan doesn't just manifest itself over night ... it takes years of commitment and support to realize."

JENNIFER FRIESEN/FOR METRO

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Senate asks Mike Duffy to repay 'ineligible expenses' totalling $16,955. **Canada**

NDP dispute carbon tax claims

U OF CALGARY

Tax will hit couples with kids hardest: Researcher

Jeremy Simes
For Metro | Calgary

The biggest losers of the provincial NDP's carbon tax will be couples who are supporting kids or relatives, according to a University of Calgary researcher.

On Thursday, Jennifer Winter, area director of energy and environment at the University of Calgary School of Public Policy, outlined her co-authored study that analyzed which Albertans will and won't reap the benefits of the government's carbon-tax rebates.

Based on looking at families who make a total income of $107,300, Winter said the study suggests fewer than 50 per cent of all families in Alberta will be eligible for a full rebate, which is well below the province's promise of 66 per cent.

But that's where the province disagrees.

In an email, the Ministry of Environment said the government will base rebates on net income — as defined for tax purposes — not total income, which the U of C used based on 2013 Statistics Canada data.

"As net income is generally lower than total income, more households would receive the rebate than estimated in the paper," the email read.

However, Winter said it's still not clear whether the rebate will be enough to fully compensate households in Alberta, given the expected increases in costs associated with the carbon tax.

The government and the paper do agree on one thing: the rebates will offset additional direct costs from the carbon levy for lower-and middle-income Albertans.

Winter said low-income Albertans may actually receive more than what they'll pay in energy cost increases.

"The winners are going to be generally single people because their incomes are lower than the threshold," Winter said. "It's the families that really need to be concerned about their energy use."

However, "it all depends on energy consumption," she added.

Unlike the U of C using Statistics Canada, the government said it received its numbers from the Canada Revenue Agency, adding, "This is the best source of data to estimate the rebate figures."

Although Winter's data is based on 2013 figures, she said the government should be flexible in the future if income levels change, according to 2016 Statistics Canada data that has yet to be released.

> **More households would receive the rebate than estimated in the paper.** Ministry of Environment email

50%

Based on families' total incomes of $107,300, Jennifer Winter with the U of C says fewer than 50 per cent of Alberta families will be eligible for the full rebate, well below the province's promise of 66 per cent.

$525

Based on past methodology, and with the 2013 household emissions and expenditure data, Winter suggests costs for the average household in Alberta will be $525 with a $30 per tonne tax.

Jennifer Winter with the University of Calgary says couples with dependents will be the hardest hit by the government's carbon tax. JEREMY SIMES/FOR METRO

55%

Based on the average total income of $46,500, the U of C study indicates about 55 per cent of single Albertans will receive a full rebate.

$450

The government says couples (earning less than $95,000 total) will get $450 in 2018.

Councillors issue retort

MAYOR'S REMARKS

Colley-Urquhart says she's being honest on zero tax increase

Helen Pike
Metro | Calgary

Some of Calgary's councillors are ready to get real honest about what it will take to keep taxes level for 2017 and 2018 — despite what Mayor Naheed Nenshi says.

This week, Nenshi told those looking to keep taxes at a standstill for next year to be honest with constituents about what that means: It's not that simple; it would involve cutting services.

On Monday, Calgary's councillors are set to open what's guaranteed to be a heated debate: Sit tight on taxes, raise them, or raise them a little. Weeks ago, councillors asked what it would look like if property taxes weren't raised the proposed 4.7 per cent, and instead fell between zero and 3.2 per cent.

On Monday, a debate about taxes promises to heat up city hall, as some councillors are for a zero tax increase, and others are against. METRO FILE

But Coun. Dianne Colley-Urquhart said she's having honest conversations with constituents, they understand, and are receptive to the city loosening the tight reins they have on their strict quality service targets.

She said it's interesting how other members of council are "characterizing the desire of some" wanting to keep taxes level.

"Am I afraid of having this open conversation? Putting everything on the table? Absolutely not," said Colley-Urquhart. "Can we afford to keep these satisfaction levels, and do we need to? What happens if we just come down to 85 per cent or 80 per cent satisfaction in times when the economy is in the ditch? We don't know where or when this will resolve itself."

> **Am I afraid of having this open conversation? Absolutely not.**
> Coun. Dianne Colley-Urquhart

She's talking about the citizen satisfaction survey results. The city has long had satisfied constituents who respond in the high 90th percentile for most indicators, and the city's goals are right up there.

For other councillors like Ward Sutherland, the mayor's comments are "insincere," especially when he warns his fellow councillors are just entertaining the zero per cent tax hike because it's "an election year."

"My track record for reduction has been consistent from day one," read Sutherland's most recent blog post. "Residents and businesses need to 'catch their breath' and we have the opportunity to deliver."

Group backs 'Zero for Zero'

If you don't raise wages, maybe you can avoid raising taxes.

That's a sentiment Common Sense Calgary is throwing their support behind.

One of Ward Sutherland's ideas to help with the zero per cent tax hike is to look at how the city negotiates its unionized contracts. Now, for the past few years they have been going up as the economy goes down.

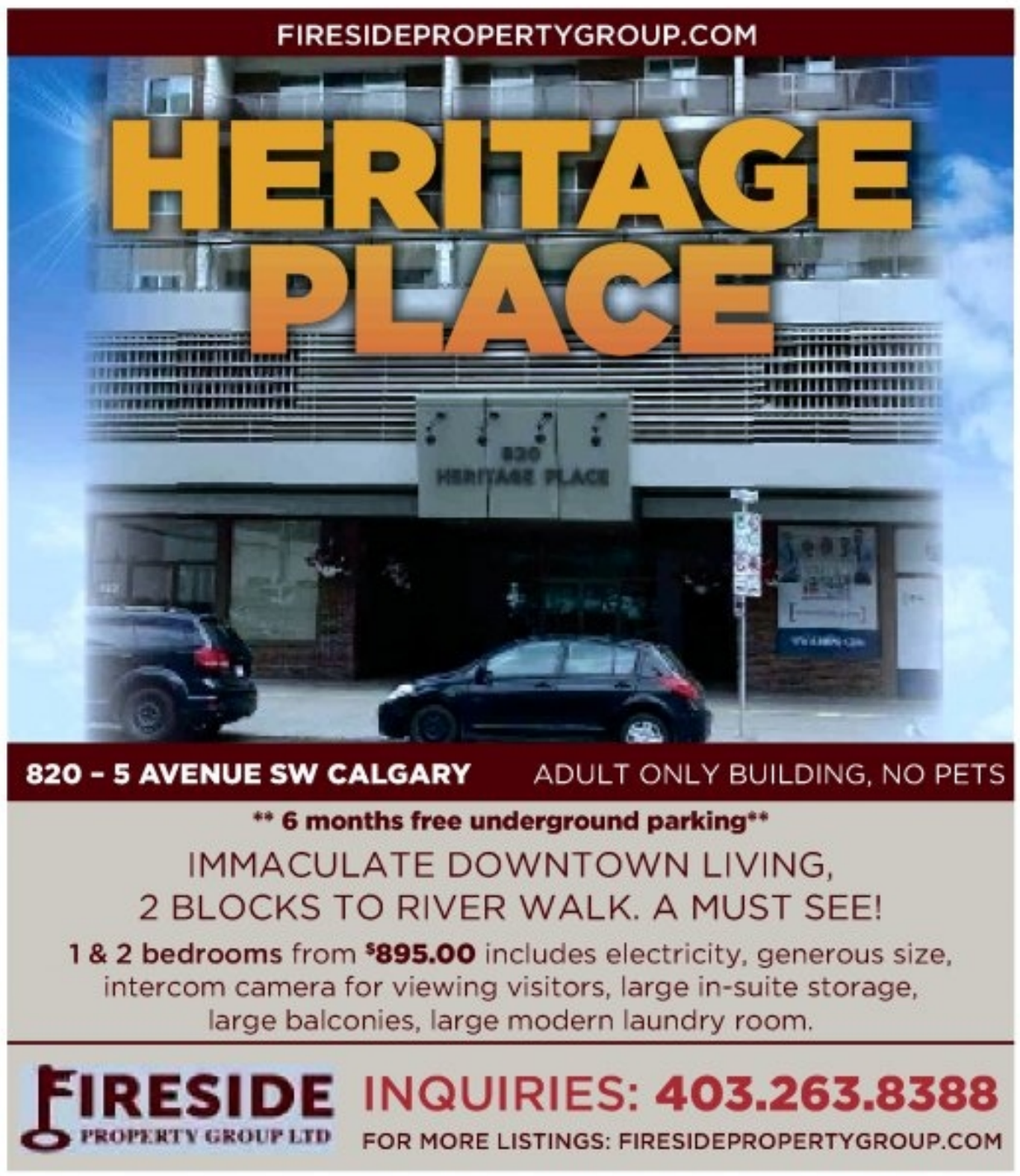
When the contracts are renegotiated in 2018, Sutherland suggested two years of zero per cent wage increases.

Now, CSC is asking city hall to adopt what they've dubbed the "zero for zero" approach.

"Given many people in business have lost their jobs and taken deep pay cuts, we feel strongly that this isn't too much to ask for," said CSC executive director Stephanie Kusie in a prepared release.

The group is hoping this measure could cover 3.4 per cent of the 4.7 per cent 2017 property tax increase.

HELEN PIKE/METRO



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EZEKIEL STEPHANS

The 'worst day of my life': Collet

A weeping mother convicted in the death of her son told a sentencing hearing Thursday that losing her toddler was the worst day of her life.

Collet and David Stephan were convicted in April of failing to provide the necessaries of life to 19-month-old Ezekiel, who died in 2012 of bacterial meningitis. The maximum sentence is five years in prison.

The Stephans, whose family helped start a nutritional supplements company, failed to get medical attention for the boy, and treated him with home remedies such as garlic, onions, horseradish and maple syrup.

Collet Stephan, one of five witnesses called by her lawyer Shawn Buckley, told court in Lethbridge, Alta., that she was depressed, suffered panic attacks and had nightmares about her children being stolen.

Stephan said she has spent the last four years of her life second-guessing herself and wondering what would have happened if she had done something differently.

"If I could turn back time and do something different so he would still be here, I definitely would."

She also admitted to having trouble preparing for the trial because her lawyer wanted her to review the evidence:

"I was forced to relive the worst day of my life," she said.

The trial heard the little boy was too stiff to sit in his car seat and had to lie on a mattress when Collet Stephan drove him from their rural home to a naturopathic clinic in Lethbridge to pick up an echinacea mixture.

The Stephans never called for medical assistance until Ezekiel stopped breathing. He died in a Calgary hospital.

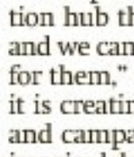
The Crown says Justice Rodney Jerke is expected to hand down a sentence on Friday.

THE CANADIAN PRESS

Police connecting with citizens online

SOCIAL MEDIA

Engagement has increased steadily since floods in 2013



Lucie Edwardson
Metro | Calgary

The Calgary Police Service is using its highest-branded social media followers per capita in Canada to find new ways to connect and engage citizens in their fight against crime.

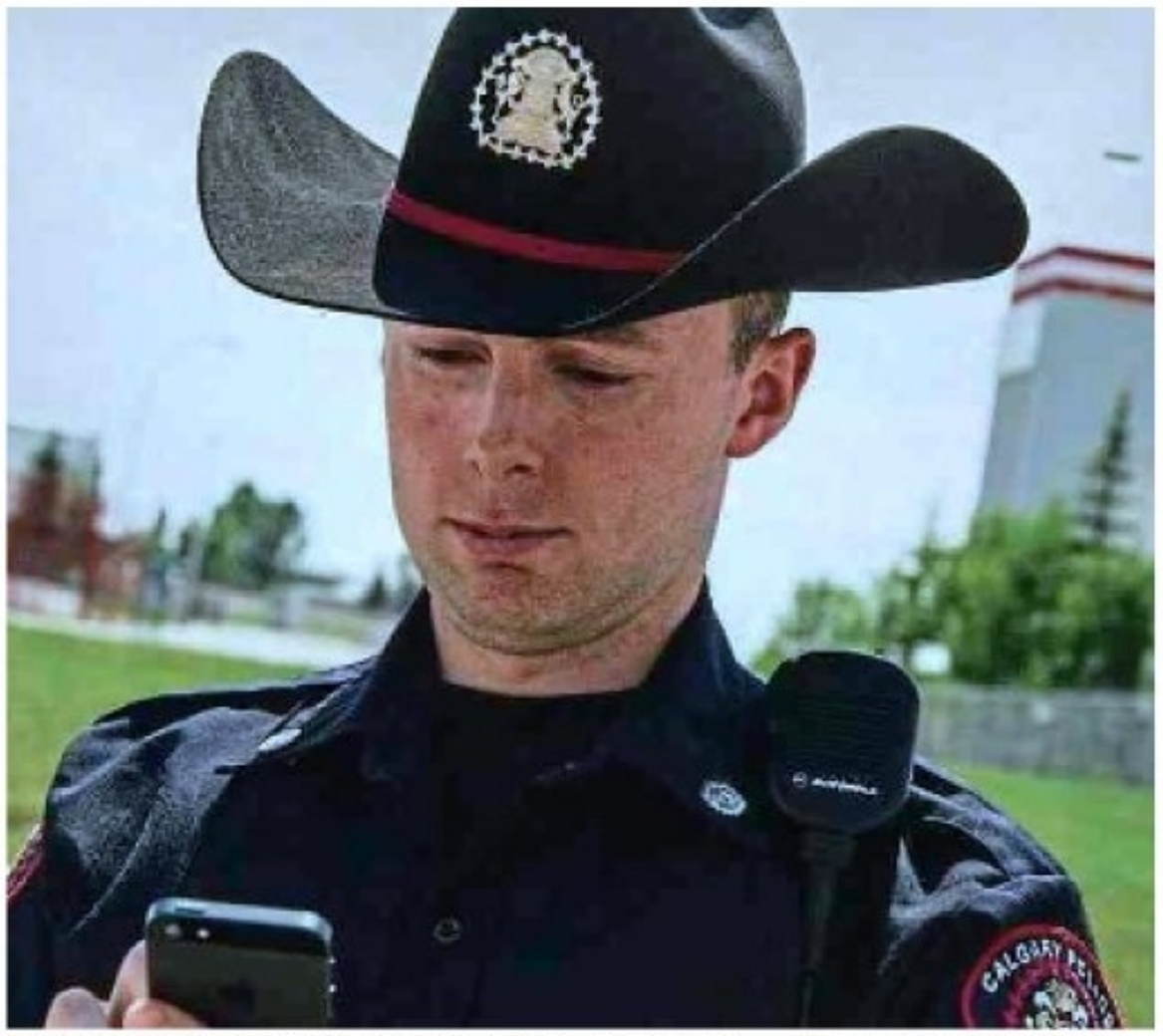
Digital communications officer Const. Mark Smith said he first became a part of the unit just before the 2013 floods ravaged Calgary.

"We had about 20,000 followers on Twitter and about 15,000 on Facebook, and obviously when the floods hit we used social media a lot to engage people and answer tons and tons of questions," he said.

Smith said CPS' social media following doubled during the floods and has continued growing ever since.

CPS currently sits around 138,000 followers on Twitter and approximately 72,613 followers on Facebook.

"People see us as an information hub they can reach out to and we can get the information for them," said Smith. "A lot of it is creating proactive content and campaigns for things like impaired driving, river safety and things like that, and then also putting out our press releases on social media."



Constable Mark Smith said he and other digital communication officers use social media to monitor and engage citizens in policing. CONTRIBUTED

Smith said one way CPS has started using social media that they've found very helpful is through joining and monitoring community block watch Facebook pages.

"Between us here in the unit we've joined about 40 plus community Facebook groups that have been set up by the community members as a block watch," he said. "What we're doing is we're joining those groups and joining those conversations."

Police Chief Roger Chaffin said talking to people on social media platforms allows for CPS to be better problem solvers.

"If it's an issue of how do I not have my house broken into, or what can we do to protect ourselves better — which are good ways to engage people," he said. "Social media allows us to speak with broader audiences more quickly and answer questions more quickly."

Smith said the digital communications teams uses social media the same way a beat officer would use their time on the street.

"We're finding new ways to build that relationship by not only providing information but gathering information from people as well," he said.

> **A lot of it is creating proactive content and campaigns for things like impaired driving.** Mark Smith

FEDERAL REVIEW

Alberta dam to be assessed

A controversial proposal for a dam designed to mitigate flooding in Alberta is undergoing a federal review.

The Canadian Environmental Assessment Agency is asking for comment until July 25 about the impact of the Springbank reservoir project.

The project would see gates upstream of Calgary divert water during flooding into a canal that would lead to surrounding land.

The water would be channelled back into the Elbow River when the flood subsided. Dozens of landowners would be affected and they have opposed the plan.

The Alberta government has said the Springbank project is less expensive and has less environmental impact than alternatives.

THE CANADIAN PRESS

TRANS MOUNTAIN PIPELINE

Notley talks up climate change plan

Alberta Premier Rachel Notley says she told an environmental review panel on the Trans Mountain Pipeline that her province is doing its bit to control greenhouse gas emissions.

Notley said she told the three-member panel that Alberta's climate plan will cap oilsands emissions to 100 megatonnes and phase out coal-fired electricity by 2030.

"Alberta has done its own homework and is on it," Notley told reporters at the legislature Thursday, after meeting with the panel earlier in the day.

Texas-based energy infrastructure giant Kinder Morgan is seeking federal approval to expand the existing Trans Mountain line.

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The Subdivision Development Appeal Board has overturned a ruling by the City of Calgary's Development Authority against the Drop-In Centre's 4800 plans. JENNIFER FRIESEN/FOR METRO

'Victorious day' for Centre 4800

AFFORDABLE HOUSING

Appeal board OKs divisive development by Drop-In Centre

Helen Pike
Metro | Calgary

Centre 4800 is starting a new chapter.

On Thursday, the Calgary Subdivision Development Appeal Board overturned the decision of the city's development authority. Translation: after five years of fighting, the drop-in and rehabilitation centre has a development permit for its long-awaited project.

Centre 4800 has been a plan on the books for about four years. The Drop In Centre will turn the old Quality Inn at 4804 Edmonton Trail N.E., nestled in the Greenview Industrial Park, into 37 assisted-living units and 42 dwelling units for those in need of affordable housing.

The project went before the city's planning commission in October and was rejected. Mayor Naheed Nenshi was very vocal in his opposition, noting the centre wasn't placed to support the population it planned to serve.

"It's been a victorious day for those that need housing," said Debbie Newman, executive director of the Calgary Drop-In Centre. "I think the last time my heart pumped this much was when I got married."

Newman said they've spent more than $800,000 to fight for a development permit.

There has been intense pressure from the communities of Thorncliffe and Greenview to reject the project. They claim the consultation process was flawed.

The Thorncliffe Greenview Community Association vice-president Marvin Quashnick said they weren't surprised to see the appeal win.

"The only option we have now is to take it to the Court of Queen's Bench," said Quashnick. "We're talking about an agency that plays by their own rules. It's very difficult to work with them."

The board was clear that this decision came with many conditions, including the DI's creation of a Citizen Liaison Committee and entering into a "Good Neighbour Agreement" with the Thorncliffe-Greenview Community Association.

"In determining an appeal the board cannot base its decision on innuendo, fear and lack of trust between the parties," read the board's decision.

A prospective resident, who asked to be referred to as just "Wayne," said he's been living at the DI for five-years but now has a new place to call home — and it's not a dormitory.

"I feel awesome, absolutely awesome," said Wayne. "I've waited five years, and I can wait another year.... I will be at home again."

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'This does not reflect Albertans'

POLITICS

Notley reacts to her face made up as golf course target

A picture of this target at a southern Alberta oilmen's golf tournament posted on social media prompted angry denunciations from some members of Premier Rachel Notley's government. SCREENSHOT

Premier Rachel Notley says having an oversized picture of her face tacked onto a cardboard target for golf balls is not the Alberta that she knows.

"This kind of thing does not reflect the vast majority of Albertans, I know that," Notley told reporters at the legislature Thursday.

"I think political debate is great. I think (having) political differences is great ... but I think that the best way to deal with that is through intelligent, thoughtful, respectful dialogue and debate.

"It's more important to put the facts in front of the anger."

Notley was responding to the picture propped up on the Brooks golf course last Friday for an oilmen's golf tournament.

It was meant to be a target for golfers. A video later posted online depicted a dash-cam-style shot of laughing golfers running it over.

A picture of the target posted on social media last Saturday prompted angry denunciations from some members of Notley's government and reignited the larger discussion of threats against female politicians.

Ernest Bothi, creator of the sign and the organizer of the Big Country Oilmen's Association golf tournament, initially told reporters he had nothing to be sorry about. But, as the outrage grew, he apologized for offending anyone.

> **"It's more important to put the facts in front of the anger.**
> Premier Rachel Notley

He said the sign was meant as lighthearted fun. He said people he knows are upset with job losses due to low oil prices and feel Notley's government has failed to address those issues.

Stephanie McLean, Alberta's minister for the status of women, condemned the sign as did Wildrose member Derek Fildebrandt.

Fildebrandt said such action "feeds a growing culture of disrespect of people who chose to dedicate their lives to public service."

Notley and many of her female colleagues have been targets of hate and threats online since taking power in May 2015.

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INCOME

Province to list high earners

The Alberta government is going ahead with its next round of salary disclosures, this time for high earners on about 150 agencies, boards and commissions.

From now until the end of the month, they will be required to publicly disclose salaries for employees who earn more than $125,000 a year in total compensation.

Early numbers show that four senior members in just one branch of the Alberta Innovates research and development corporation have been earning a combined income of more than $1 million a year.

$1 million

Early figures reveal four senior members in one branch of Alberta Innovates earn a combined income of more than a million a year.

The four branches of Alberta Innovates are being amalgamated into one organization.

Finance Minister Joe Ceci says the government is bringing in a grid for salaries on boards and commissions benchmarked to similar positions in the public service.

He says salary disclosures are critical so that Albertans can be assured their money is being properly spent.

THE CANADIAN PRESS

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The city cut the ribbon for a new stretch of 61 Avenue SE with a transport truck on Thursday afternoon. From left, deputy minister of Alberta Transportation Greg Bass, general manager of transportation with the city of Calgary Mac Logan, Ward 9 Coun. Gian Carlo Carra, and chair of Alberta Motor Transport Association Gene Orlick. BRODIE THOMAS/METRO

New route protects wetlands

61 AVENUE SE

Extension takes industry and wildlife into account

Brodie Thomas
Metro | Calgary

It's just a road and a bridge on the far edge of an industrial park, but the way it was done shows the city's philosophy on preserving valuable wetlands.

Officials gathered on a new section of road on 61 Avenue SE Thursday afternoon for a ribbon cutting. The $23.5-million project runs though a wetland and over the Forest Lawn Creek, allowing for better east-west access in the industrial section of the city.

Mac Logan, general manager of transportation for the city, said the extension will help businesses in the area while also protecting an important natural asset.

"It's important that we invest in the infrastructure that will allow those areas to develop, so that jobs are created — particularly right now while we're in the downturn."

The project also included a paved pedestrian pathway that will eventually link up with Ralph Klein Park — something Ward 9 Coun. Gian-Carlo Carra was pleased to see added.

He said people are already biking to work in the southeast, and having pathway connections is important.

"We are significantly improving the mobility for this important economic area," said Carra.

Engineers built a longer bridge over the creek to allow more room for wildlife to pass underneath it.

It was noted that a wetland might have been filled in years ago, but now the city better understands the vital role they play in flood control.

"We have to protect and enhance the draining that we have here and Forest Lawn Creek — as we build out around it will be a valuable asset — not just for storm water management, but also for the people who work out here," said Carra.

RADIO COMMUNICATIONS

Emergency system for first responders

Alberta's justice minister says a new multimillion-dollar provincewide radio communications system for first responders will be running by July 1.

Kathleen Ganley says it will allow first responders to more easily talk to each other in everything from minor emergencies to large-scale disasters.

"This is about the safety of the public and the safety of those who have committed to protect us all," Ganley told a news conference outside the legislature Thursday.

The system has been in the works since 2008 and costs $438 million.

It allows first responders access to hundreds of radio towers around the province.

Ganley says it was used to coordinate crews during the Fort McMurray wildfire last month.

Fort McMurray deputy fire chief Brad Grainger says the system was vital, because it allowed crews to talk to each other after the department's radio tower went down.

"Without (it) we would not have been able to respond and co-ordinate over 32 different fire departments (and) first responders," said Grainger.

Currently, all police, emergency medical and fire services in Alberta use their own standalone radio systems that generally do not communicate with one another, the province said.

"Our work is done in all of our RCMP units across Alberta, and AFRRCS will provide radio coverage in major urban centres and in the remote locations where public and officer safety are equally critical," said Alberta RCMP Deputy Commissioner Marianne Ryan.

AFRRCS will make a networked system available to emergency personnel starting July 1.

THE CANADIAN PRESS

Adopting? Make sure it's a match

MEOW FOUNDATION

Cat ownership is a serious commitment: Rescue group

Aaron Chatha
Metro | Calgary

Are you ready to find your purrrfect match?

Well step right up, because it's that time of year again for National Adopt-a-Shelter-Cat Month.

Although we know you want to meet your new feline family member right meow, Calgary's Meow Foundation is reminding potential adopters that it's serious business taking in one of their cats.

Victoria Ross with Narcissus. AARON CHATHA/METRO

Victoria Ross, adoption manager, said that the No. 1 thing people don't consider before adopting a cat is the financial viability.

Ross estimates it's about $1,500 per year to support a cat, and that's before vet bills.

"People sort of say, yes, they're prepared for vet care, but when it comes around, actually going to the vet and hearing the cost of different tests surprises people," she explained.

An average, indoor cat can live from 15 to 20 years, so they're not kitten around when they say they want to find a suitable home.

Part of the process is making sure whichever cat you're applying to adopt is suitable for your home.

"We want to know the adopters home basically," said Ross. "How many people, if there are children — we want to match the right cat to the right family. It would be terrible if they took a shy cat and they had little children that never interacted (with a cat)."

They also want applicants to choose a room for the cat, somewhere with minimal furniture to hide under, and a closed door. The room should be filled with a bed, scratching post, food, water, littler box, toys, treats and lots of love.

It can take months for a cat to get used to a home, no matter how loving and caring a family is.

"It's just like us going into a stranger's home; we don't feel comfortable being super familiar with people right off the bat," Ross said. "It's the same with cats."

It's a bit of work, but ultimately worth it when your new feline whiskers you off your feet.

UP FOR GRABS

The Meow Foundation currently has a trio of bachelors available at the northwest Petsmart, with discounts until the end of the month.

These cats have spent a bit of time homeless, so they're best suited for homes without other pets. That said, they're still full of love and deserving of a new home. **See below.**

AARON CHATHA/METRO

You can put a price on friendship... It's $350!

Bachelor No. 1

Let's make like fabric softener and Snuggle

Dustin, eight years old, black male

"If you don't mind, I love to give headbutts before a nice cuddle. Headbutts of love." PHOTOS AARON CHATHA/METRO

Bachelor No. 2

My vet said I'm lacking in Vitamin U

Travis, three years old, brown tabby

"LF a family that's young 'n' fun. I'm a bundle of energy — try to keep up or you'll end up eating my kitty-litter dust."

Bachelor No. 3

I lost my number. Can I have yours?

Narcissus, five years old, grey tabby

"I prefer a bit of experience from my family. I do my thing, you do yours, and we'll get along like mice and cheese."

On Thursday afternoon, Insp. Kyle Grant, with the Calgary Police Service and Carol Henke with the Calgary Fire Department reminded the public to stay safe on the water this summer. JENNIFER FRIESEN/FOR METRO

Crews urge water safety

EMERGENCIES

Aquatic rescue has been called 80 times this year already

Jennifer Friesen
For Metro

It's that time of year again: when people launch their rafts, boats and air-mattresses alike on the Bow and Elbow rivers to soak up the sun.

But on Thursday afternoon, the Calgary Police Service and Calgary Fire Department reminded Calgarians to play safe.

"Unexpected things happen on the water all the time," said Carol Henke, with the fire department.

"And wearing a life jacket or personal floatation device is the prime way to prevent something tragic from happening."

Henke added that their aquatic rescue team was called out 166 times last year, and there have been more than 80 calls this year so far.

Calgary bylaws require anyone in a boat, raft or water vessel to wear a life jacket when in city limits — not just have it in the boat.

Bylaw officers say their main mission is education, but if floaters repeatedly ignore their warnings, they can face a $500 fine.

"Over the last few years we've done way more education than we have enforcement," said Insp. Kyle Grant with the Calgary Police Service. "But, unfortunately, there are those people who just will not listen and are repeat offenders and they end up receiving summonses."

Along with life jackets, Henke added, alcohol is another major concern with water safety. Drinking alcohol while on the water is illegal, she said, because it "will impair your ability to stay safe."

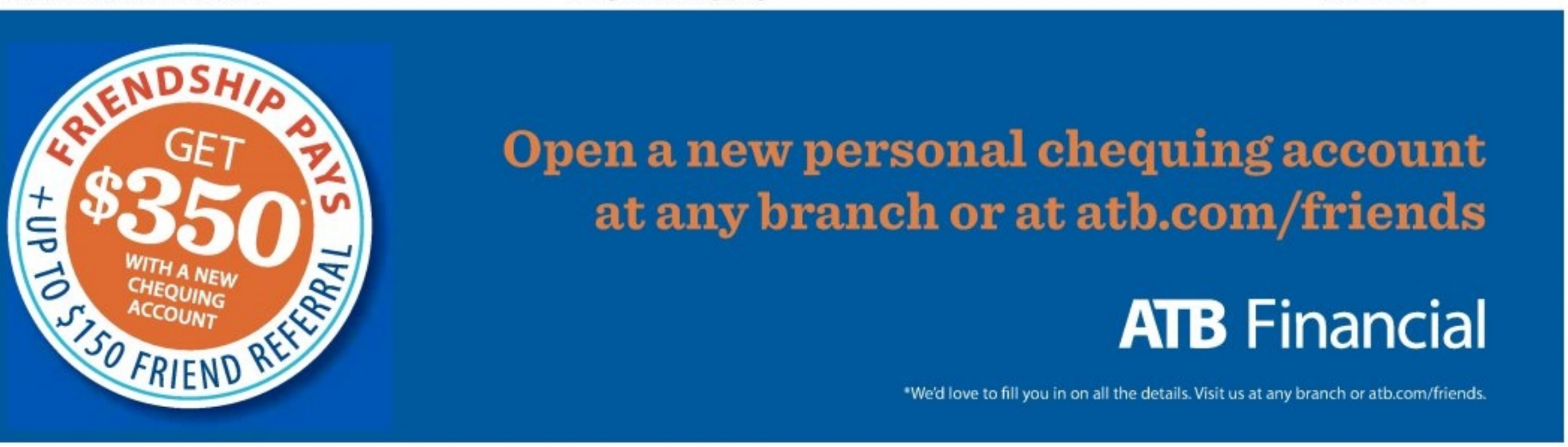
"We want all Calgarians to have a safe, fun summer with lots of great memories and without tragedy," she said.

"If you strike your head on the rock, you could be the best swimmer in the world, but if you're unconscious and you're in the water, you will drown if you're not wearing a life jacket or personal floatation device."

> Wearing a life jacket or personal floatation device is the prime way to prevent something tragic.
> Carol Henke

INFORMATION

For more information and tips on water safety, visit **calgary.ca/watersafety**.



INDIGENOUS CULTURE

Leaders honoured at Chief David Crowchild Memorial Awards

Lucie Edwardson
Metro | Calgary

Two indigenous Calgarians were honoured Thursday for their role promoting cross-cultural understanding at the Chief David Crowchild Memorial Awards and the Youth Achievement Awards ceremony.

Mayor Naheed Nenshi, who has been given the Blackfoot name "Leader of the people of all nations," said these awards are important to remind us of the tremendous leaders of the past and present in the indigenous community.

"This ceremony is one of the most special things I do each year," he said. "It reminds me of what we can do and what we are doing on the path to reconciliation."

Honoured with the David Crowchild Memorial Award was Shawna Cunningham, who has devoted her life to indigenous education and is currently the director of the Native Centre at the University of Calgary.

She said her love for theatre taught her a lot about people and being an educator.

"This theatrical creative process has been foundational for me in terms of working within a community context," she said. "Ideally, the collective creative process recognizes that we each have something to offer and that when we offer our time and our talent, wonderful things can happen."

Youth Achievement Award winner Jolene Houle, 15, received the honour for her proactive approach to teaching youth and others about the customs and traditions of the First Nations people — as well as many of the issues they face.

Houle has helped educate her classmates and teachers about residential-school survivors and about missing and murdered indigenous women through the RedDress Project.

> I came home feeling like I had accomplished something for our people.
> Jolene Houle

Jolene Houle, 15, youth achievement award winner, said she would like to continue to raise awareness and educate others about indigenous issues and how they impact people. LUCIE EDWARDSON/METRO

Calgary plane embarks on rescue flight

EXTREME WEATHER

Flies two sick workers out of remote South Pole outpost

Two people who fell ill while working at the U.S. research station at the South Pole have been evacuated by a Calgary-owned Twin Otter turboprop plane that made the daring rescue flight in Antarctica's harsh winter.

The National Science Foundation said the two workers arrived safely late Wednesday in Punta Arenas, the southernmost city in Chile, after a long trip from the Amundsen-Scott station at the South Pole. They stopped for a few hours at a British station on the edge of Antarctica to be put on another plane.

"From Punta Arenas, the two patients aboard will be transported to a medical facility that can provide a level of care that is not available at Amundsen-Scott," said a statement on the National Science Foundation's Facebook page.

The foundation runs Amundsen-Scott and two other centres in Antarctica. It did not identify the sick workers or give their conditions, citing medical privacy. They were described only as seasonal employees of Lockheed Martin, which is the prime contractor for operations and research support for the foundation's Antarctic program.

At Magallanes Clinic in Punta Arenas, nurse Mauricio Seron told The Associated Press that a female patient "with a gastric problem" was the sicker of the two. He said the second was a male patient who had suffered a heart attack.

The woman was carried in on a stretcher and the man walked in on his own accord.

-60°C

At Rothera, the temperature was a balmy -2.5 C on Wednesday afternoon. That was toasty compared to the South Pole, where it was -60 C in the morning.

In a hectic two days of flying, the rescue team flew the 4,800-kilometre roundtrip from Britain's Rothera station to the South Pole and returned to Rothera with the sick workers Wednesday afternoon, said Peter West, spokesman for the National Science Foundation.

The workers were transferred to a second Canadian-owned Twin Otter plane for the flight to Punta Arenas. Both Twin Otter planes are owned by Calgary-based Kenn Borek Air.

THE ASSOCIATED PRESS

Calgary's biosolids end up in the Shepherd lagoons. Although some critics claim any city's wastewater leftovers are toxic sludge, the city says rigorous testing shows otherwise. HANDOUT

ENVIRONMENT

City refutes claims of toxic biosolids

Brodie Thomas
Metro | Calgary

The city's plan to compost the leftovers from its waste treatment plants is getting the thumbs up from councillors, but the issue is more contentious in other cities.

Farmers outside the city apply biosolids to their fields as fertilizer, and have since 1983. The city plans to start composting biosolids from its sewage treatment plants.

However, there is a movement in cities across Canada to stop the practice of using biosolids as fertilizer. Critics also say composting is not a safe disposal method.

Critics such as Jim Poushinsky, chair of Ottawa Citizens Against Pollution by Sewage, say biosolids are full of the leftovers from the water treatment process, including pathogens, metals, and pharmaceuticals.

He said he lives in a rural area outside Ottawa and became concerned when the city was required to notify one of his neighbours about the biosolids there were preparing to spread on a nearby farm.

"There's an estimated 90,000 to 100,000 chemical contaminates in the sewage — 40 per cent of the biosolids by dry weight are chemicals," said Poushinsky.

However, Kevin Colbran, manager of wastewater treatment with the city of Calgary, said the biosolids produced in Calgary are tested to meet provincial guidelines.

"Our labs operate 24/7, 365 days a year," said Colbran.

He said there are metals naturally occurring in everything, and the province has limits on metals allowed in the biosolids as well as the soils they are being applied to.

"Over the years, after we implemented our wastewater bylaws, the metal concentrations in our wastewater and biosolids have decreased substantially," he said, adding the same is true for other household chemicals and cleaners.

As for pharmaceuticals, Colbran said the city notes them in tests but they're not present in significant amounts.

"The lab analysis has only advanced recently where those things are detectable at the part per trillion level," he said, meaning they are detectable but not a public risk.

The biosolids applied to farm fields are rated Class B, meaning there are limits on where and how the biosolids can be applied because of potential pathogens.

Once composted, Colbran said the biosolids will be broken down into Class A material, meaning that compost is considered harmless and has no restrictions on where it can be used.

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Big dreams for Asian-style mall

RETAIL

Investors not shaken by Alberta's trying economy

Jeremy Simes
For Metro | Calgary

Though Ban Trac isn't entirely sure what his new business will be, his dream came true on Thursday as developers turned the first few heaps of sod to celebrate the construction of a new multicultural mall in Rocky View County.

On Thursday afternoon, more than 100 people gathered near Cross Iron Mills in Balzac to applaud the four-year effort to begin constructing the $200-million New Horizon Mall.

Trac said he's thinking about opening a bubble tea shop in his space as the drinks have become quite popular at his restaurant in Calgary.

But, he's still not entirely sure what he plans to open — he just wanted a piece of what he thinks will be a good investment.

"It's (dream) come true," he said. "I'm looking forward to the day that it's built."

The mall is slated to be complete by late 2017 and about 90 per cent of the available space has been sold to investors, according to developers with the Torgan group. Most malls in Canada are owned by property management companies that lease the space to retailers.

Ban Trac, who isn't exactly sure what he'll open yet, took part in the groundbreaking of New Horizon Mall north of Calgary. JEREMY SIMES/FOR METRO

> **It gives us more control and you can control the finances better.**
> Anand Mishra on owning the space rather than leasing it

Anand and Pria Mishra plan on opening an electronics store in the mall. Anand said he also liked the idea of owning the space rather than leasing it.

"It's great because your cost is fixed," he said. "Lease can go up every year. It gives us more control and you can control the finances better."

Alberta's economic downturn didn't deter investors, as they said they expect the economy to improve in the next few years.

Trac said owning the space was a big reason why he chose to invest.

"It's very unique," he said.

Anand said he's been waiting for a long time to finally see the construction start, but they've been patient.

"It's amazing," Pria said, adding they have yet to name their new electronics store.

WITH FILES FROM THE CANADIAN PRESS

Here's what to expect from New Horizon Mall

This new Asian-style mall will be nothing like your typical Calgary shopping centre when it opens in late 2017.

The New Horizon Mall will feature 500 stores, a main stage for multicultural events, and a food court showcasing international flavours from local and national restaurants.

In fact, it'll be more like a European or Asian bazaar than your typical mall.

New Horizon was based on Pacific Mall in the Greater Toronto Area, which developers say has been successful.

"We are very excited to begin construction on New Horizon Mall," said Eli Swirsky, president of Torgan Group. "This will be a shopping experience like nothing Calgary has ever seen."

Developers said more than 1,000 jobs will be created directly and indirectly during the construction of the mall.

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WOOD AUTOMOTIVE GROUP

TRAVIS VADER

Crown didn't prove case in couple's death: Defence

The lawyer for a man accused of killing two great-grandparents, burning their motor home and hiding their bodies said the case against his client is just speculation.

Brian Beresh told a court in Edmonton that the Crown has failed to prove the most basic elements of its case against Travis Vader and is relying almost entirely on a theory that things "must have happened this way."

"'Must have happened his way' was the standard applied by vigilante groups that often executed the wrong person," Beresh told Justice Denny Thomas in his closing arguments Thursday.

"There is an absence of fundamental evidence in this case upon which you could ever convict Mr. Vader."

Vader, 44, has pleaded not guilty to first-degree murder in the deaths of Lyle and Marie McCann, who were in their late 70s when they vanished while on their way to a family camping trip in 2010.

The Crown argues Vader was a desperate drug user living in a makeshift camp when he came across the McCanns and killed them. But Beresh — arguing in front of a packed courtroom with many members of the McCann family present — pointed out that without the bodies of the McCanns, there's no real proof the couple is even dead.

He took a similar tack with other pieces of Crown evidence. He said there's nothing to prove, for example, that Vader ever actually had the McCanns' cell phone, used the day of their disappearance, to place calls to Vader's ex-girlfriend.

Beresh suggested that two key Crown witnesses, who identified an SUV Vader was driving as similar to one owned by the McCanns, had conspired against his client and lied about the identification. He said the keys to the McCanns' SUV could have been planted there by police officers. THE CANADIAN PRESS

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Staff and volunteers at Inglewood Golf and Curling Club have been helping people with visual impairments try golf though the month of June. BRODIE THOMAS/METRO

Blind golfers take a swing at Inglewood

RECREATION

Group adapts sports for the visually impaired

Brodie Thomas
Metro | Calgary

A group of blind and visually-impaired Calgarians have been working on their swing at the Inglewood Golf and Curling Club this month.

It's just one of the many sports the Alberta Sports and Recreation Association for the Blind (ASRAB) has been adapting for the visually impaired, according to program coordinator Miranda Brown.

"Everyone is really enjoying golf," said Brown. "It's one of our more popular programs — maybe second to walking."

Other activities include dance, rock climbing, archery, walking club, running club, sailing, and dragon boating.

ASRAB has about 800 members who take part in its various sports and activities. There are about 300 volunteers who assist.

Zach Abdalla, 9, said he wants to work on his golf skills so he can eventually play with his father and grandfather, who are both avid golfers.

"I just like it because you get to make things go high and far — you're not usually allowed to do that," he said.

Zach is legally blind but has limited vision in his right eye. He was putting other sighted golfers to shame with the distance he was getting on the driving range.

> **I just like it because you get to make things go high and far.**
> Zach Abdalla

His mom Chris said Zach also does dance once a week, and has tried archery. He'll be going sailing in July.

"For me, they're such role models for him. He can see that you can do anything. It doesn't matter that you've lost your vision. You can still do what everyone else does," she said.

The group started the month with basics and putting, but Brown said they're working towards a full round of golf on the course.

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CARTOONS

Calgary voice actress now a Japanese anime regular

Aaron Chatha
Metro | Calgary

Calgarian Caitlynne Medrek took those funny voices you do in the shower and made a career out of it.

The professional voice actress has rooted herself in generations of cartoon viewers, providing voices for characters on Arthur, Total Drama and most notably Dragon Ball Z and GT, as the voice of Pan.

Next month, fans will get to see the face beyond the golden vocal chords — Medrek will be appearing at the Otafest anime convention.

"Nobody ever sees your face or knows who you are — it's just your voice they recognize you by," she said.

"When you have anime conventions like Otafest, that's finally an opportunity for the fans to put a face to the name.

"When you do voiceover work and people watch your cartoons, you don't ever get to see how you're affecting those people."

Medrek said this is her chance to really connect with fans.

She's been acting since she was 10, and booked Dragon Ball Z as one of her very first gigs.

Since then she's provided her talents to other Japanese animated shows, imported to North America, and for locally-animated content.

The voice over process generally goes two ways, she said.

For shows like Arthur, she didn't even know what kind of animal her character was when she began recording the lines.

The studio took her recording, and created the character to match her sound and style.

On the other hand, with Japanese anime, it's already been animated to match the Japanese voice actress.

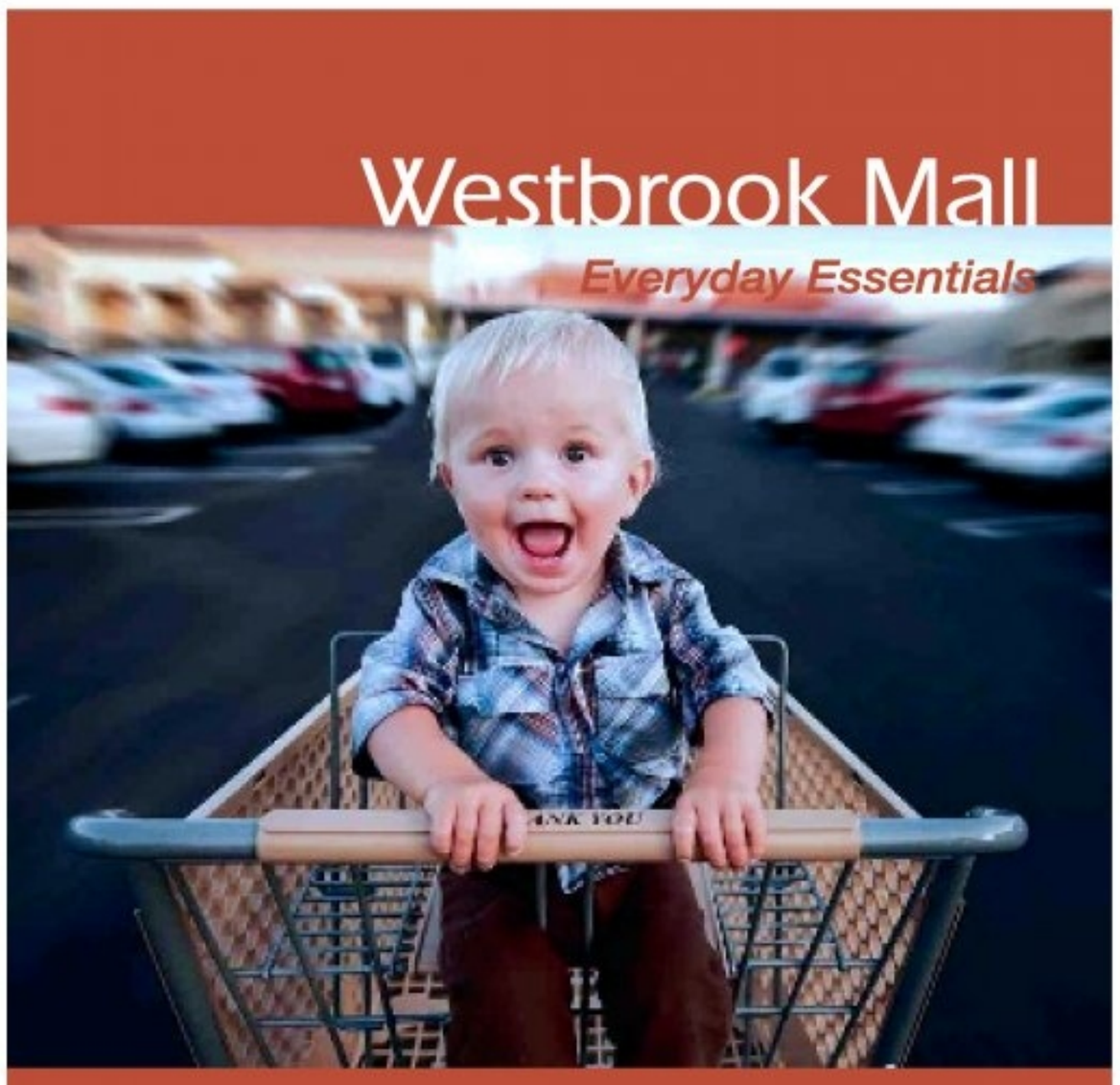
So Medrek heads into the studio, script in hand, to try and match the translated script to the flapping gums of the characters on screen as best she can.

Outside of voice acting, Medrek also appears on the web series Out With Dad, and in an upcoming episode of Hell on Wheels.

She appears at Otafest July 1 to 3.

> **Nobody ever sees your face or knows who you are — it's just your voice they recognize. When you have anime conventions that's finally an opportunity to put a face to the name.** Voice actress Caitlynne Medrek

Caitlynne Medrek said she's often asked to play villains and murderers — and the occasional heroine. AARON CHATHA / METRO



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WEEKEND EVENTS

FRIDAY
Josh Ritter at Knox United Church
Singer-songwriter Josh Ritter brings his upbeat Americana to Knox United Church Friday night. Dubbed one of the 100 greatest living songwriters by Paste magazine in 2006, Ritter is best-known for storytelling in his songs. It will be a solo acoustic show, so expect an intimate performance from one of the up-and-coming greats of the folk-indie genre. Visit Ticketmaster for tickets.

SATURDAY
Downtown Haunted Walk
It's spooky, and not to say the core is a ghost town — but there's some history there. On June 25 from 9 to 10:30 p.m. meet your guide at the base of the Calgary Tower and learn about the core's past inhabitants. Watch out, you never know who is lingering around the corner.

SATURDAY
YYC Lobsterfest
Live music and shopping are melded together at a grassroots level as Okotoks hosts their fifth annual BuskersFest. It's free for everyone and features over 100 artisan vendors and musicians along Elizabeth and North Railway Streets in Okotoks from 10 a.m.-3 p.m.

SUNDAY
Step up for kids
Bring your family and friends to the base of the Calgary Tower to climb all 802 steps. The event, hosted by Step-Up 4 Kids, aims to help the We Did It! School-Age Care Society to raise $15,000 through the Shaw Charity Classic's Birdies for Kids program. The event starts at 9:30 a.m. and goes until noon.
AARON CHATHA/METRO

Tickets may not be purchased outside of Alberta or by any persons under the age of 18. Horseshoe Ticket Packages – Single $75, Double $110, Triple $130. SPLIT 'EM 50: Win half of the growing jackpot–Guaranteed minimum payout of $400,000 – 1 for $10, 5 for $25, 20 for $50. Final draws – July 20, 2016 at Stampede Park in Calgary, AB. License numbers (tickets printed) – #427302 (309,350), #427303 (387,300), #427304 (567,400), #427305 (833,700), #427308 (2,943,500), #427309 (658,835).

Redfoo makes up one half of the duo LMFAO. WIKIMEDIA COMMONS

Redfoo techs it seriously

Q&A

One half of LMFAO loves technology and is now coding

Aaron Chatha
Metro | Calgary

Redfoo loves technology — so much so, he's digging into it with his own hands. One half of the duo LMFAO, it's no surprise he drives the band's party rock vision of the future forward.

Why make your new video in full 360 degrees virtual reality?
It's just the latest technology. It's fun. When you put the goggles on, it's like you're in the room and you're there. So naturally, I like to tell stories, and I just want to tell my story in the coolest way. I'm fascinated, like a kid, when you put on the goggles, or even when you swipe a phone left and right. It's just cool. I streamed a house party for 10 hours in 360 live. It was incredible.

Where does this love of technology come from?
As a kid, I had an Apple IIc. I had a Commodore. I used to do my essays as a kid on an Apple IIc and a printer. I used to use a word processor, I've been using DOS. I started making music with the Atari. It's all about using machines and just learning them. Playing video games as a kid. It's come to the point where I'm so fascinated right now with technology I started coding. It takes up all of my free time. I've always made apps with other developers, directed them — like, I want this, I want that. But now, I'm learning the languages. Swift for the iOS and Java.

What are your thoughts on Calgary?
Calgary is a party city to me. I think I went — I think it was the Stampede. That was one of the first times I went there and it was just crazy. There were cowboy hats on and daisy dukes. I was like, yeah, this is what I'm talking about. And I always like the Calgary Flames. They used to play against the Kings all the time. I grew up with Wayne Gretzky. It's one of my favourite places in Canada, it's got the rock and roll country vibe.

LMFAO performs in Calgary on July 10.

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Cocktail contest cometh

FOOD AND DRINK

City's best mix it up for spot at Made With Love nationals

Lucie Edwardson
Metro | Calgary

Calgary's very own cocktail connoisseurs will entertain your eyes and palates Monday evening at the Made With Love regional cocktail competition.

Made With Love originally began in Montreal but over the last number of years has popped up in many of Canada's major cities, including Vancouver, Halifax and Winnipeg.

Competitors make a signature cocktail, and winners move on to a national final in March.

Founder Pierre-Olivier Tempe said the event, happening at the Fairmont Palliser, is bringing cocktail culture to the forefront.

"There is a lot of excitement about cocktail culture internationally," he said. "It's a community about the big history behind cocktails, so this is their chance to show the public what they do."

Shelby Goodwin, left, poses with a fellow competitor at last year's event. He represented 501 Restobar and took home the award for People's Choice with his cocktail Hawaii 501. CONTRIBUTED

Tempe said the 14 bartenders competing in Calgary were selected at a preliminary event a few months ago and have been working on their drinks ever since.

"It's the best bar chefs in town under one roof for one night," he said. "They have been working on their original cocktail creations for the last two months. They'll be creative and they'll be delicious."

Tempe said guests can also look forward to many food pairings.

"It's about the food and drink coming together and working as a team," he said.

> **It's the best bar chefs in town under one roof for one night.**
> Pierre-Olivier Tempe

Made With Love's Calgary ambassador, Brice Peressini — who's also general manager of Chefsbar — said the event will showcase the "world-class" talent of Calgary's cocktail scene.

"Some of the country's best performers will be there making cocktails," Peressini said.

He said there are many impressive competitors to watch out for, including Samantha Casuga, representing Native Tongues Taqueria, who recently competed in the Most Imaginative Bartender finals in Toronto.

Peressini said last year's People's Choice winner, Shelby Goodwin, will wow guests again this year.

Guests will give a dog-tag-style necklace to the bartender whose cocktail they like most to decide the People's Choice winner. Another winner will be selected by a panel of judges.

LGBTQ EVENTS

Jump on the Pride Slide this summer

WinSport and Calgary Pride are teaming up to have the public slide right into Pride Week activities.

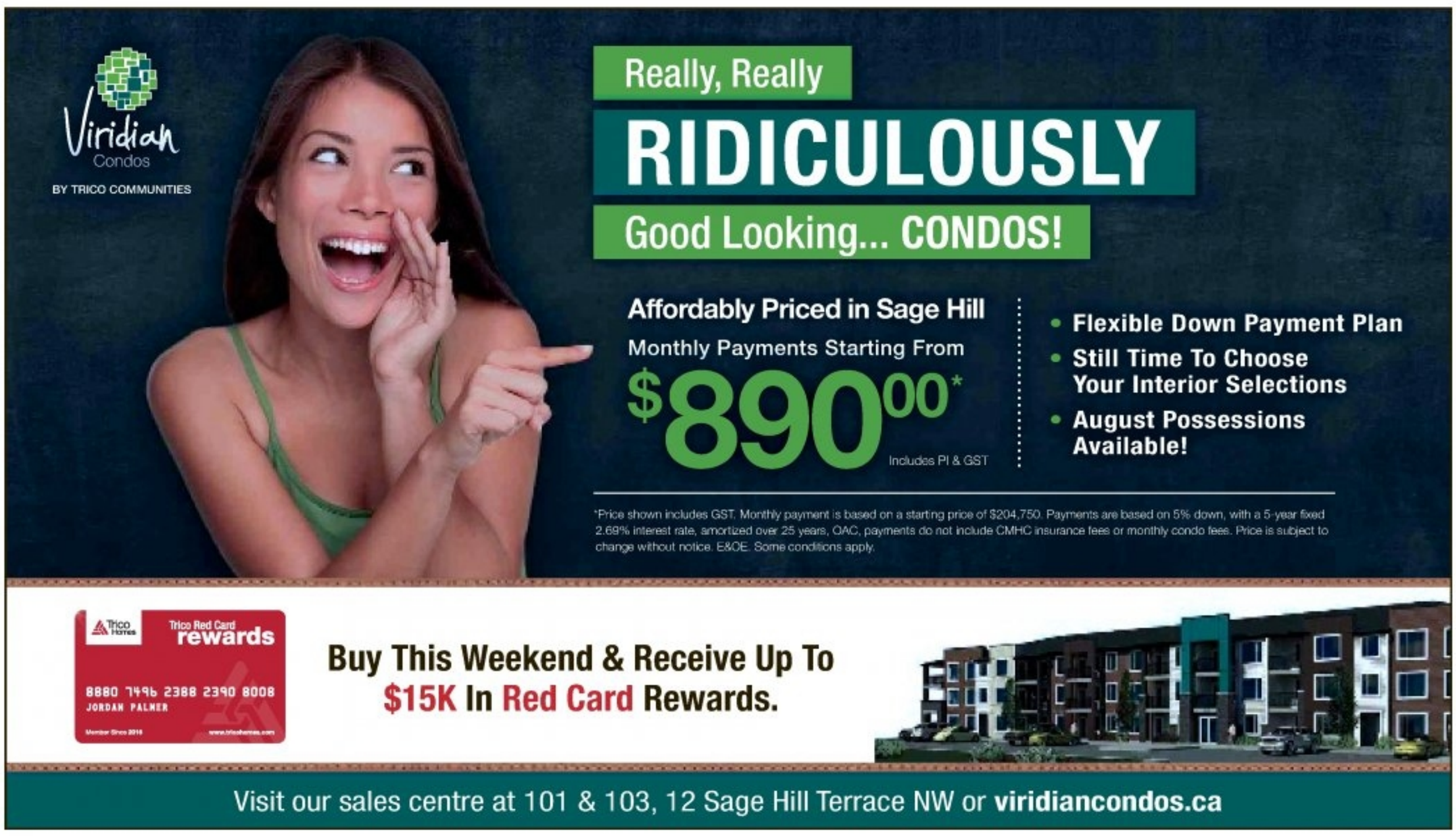
The organizations announced a new 18+ event that will be the public kick-off for the 26th annual Pride celebrations in Calgary. It will feature an 810-foot wet slide and a variety of entertainment.

"WinSport is truly excited to host the Pride Slide on our campus to celebrate gender and sexual diversity for Calgary Pride Week," said WinSport president and CEO Barry M. Heck in a prepared release.

The Pride Slide is just one of more than 30 events being held as part of Calgary Pride Week celebrations.

"This initiative is a fantastic way to further promote an open and accepting community free from all forms of discrimination," says Stephen Wright, president of Calgary Pride.

The event will take place at Canada Olympic Park on Aug. 27 from noon until 11 p.m. METRO



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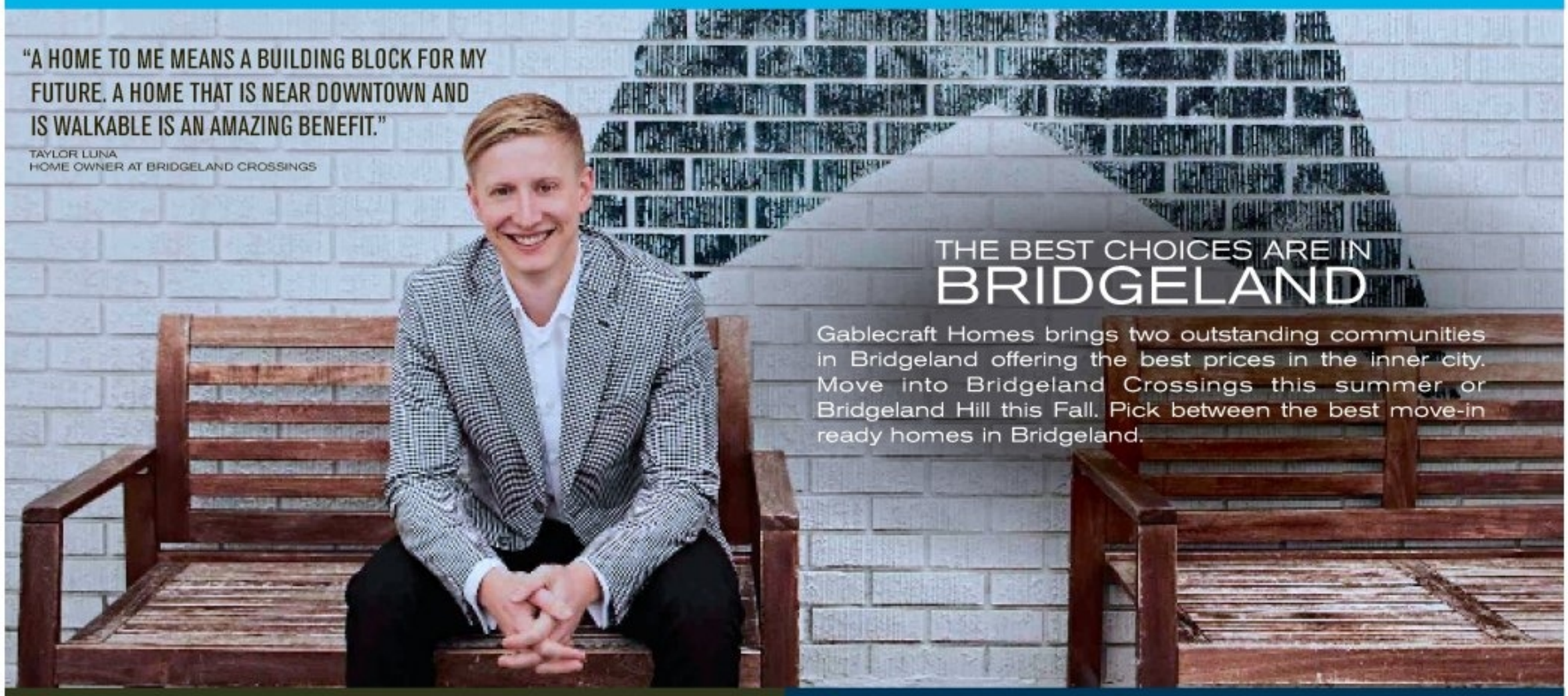

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LABOUR

Temporary-worker cap remains at 20%

The federal government is freezing the 20 per cent cap on the number of low-wage temporary foreign workers a company can hire.

Labour Minister MaryAnn Mihychuk said the controversial temporary foreign worker program needs an overhaul and will announce her plan for more changes later this year.

But for now, the cap, which was set to go down to 10 per cent beginning July 1, will instead stay where it is.

> **This is a prudent step to take as we work to develop a better temporary foreign worker policy.** MaryAnn Mihychuk

"I believe this is a prudent step to take as we work to develop a better temporary foreign worker policy and fix some of the problems with the program that emerged under the previous government," Mihychuk said in a statement Thursday.

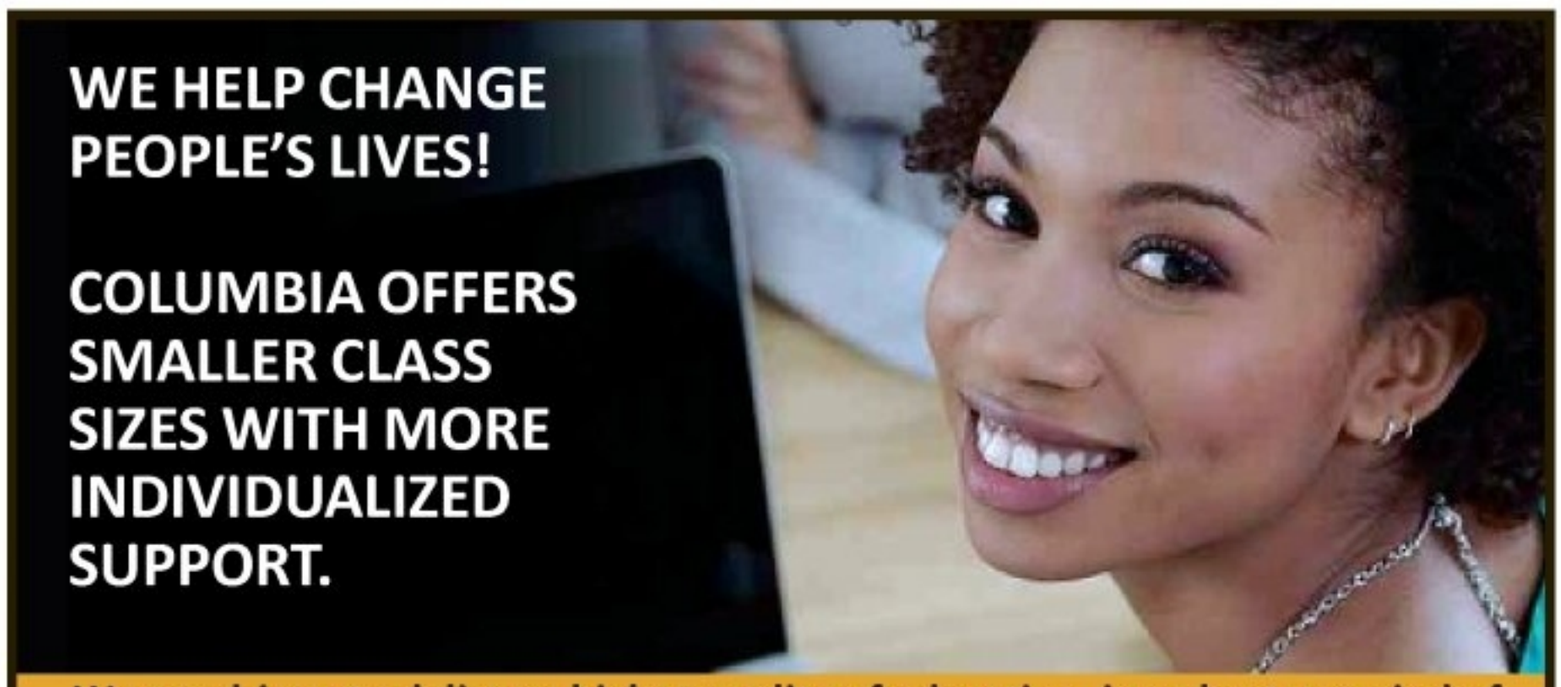
The previous Conservative government started phasing in a cap on low-wage temporary foreign workers — low-skilled employees paid less than the provincial or territorial median hourly wage — in June 2014, as part of reforms that also included disallowing use of the program in regions of Canada with high unemployment rates.

Those changes followed a series of controversies dogging the program, including reports of fast-food franchise restaurants favouring temporary foreign workers over local employees.

Employers who first began hiring low-wage temporary foreign workers before the cap came into effect will still be able to use it for 20 per cent of their workforce.

Those who started using the program after that point, or who are hiring temporary foreign workers for the first time, are subject to a 10 per cent cap.

THE CANADIAN PRESS



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Winnipeg Jets fan Heather Prevalnig with her "Winnepeg" team T-shirt from an airport store. TWITTER.COM

Spelling shocker for Jets fan

SPORTS

Team T-shirt from gift shop misspells city as 'Winnepeg'

A lifelong Winnipeg Jets fan was shocked to learn she'd bought a team T-shirt with the city's name misspelled as Winnepeg.

Heather Prevalnig, 33, said she paid $30 for the T-shirt at a Winnipeg airport store on her way home to Kelowna, B.C.

Her brother had been teasing her for days about her loyalties to her childhood hometown team.

"He was bugging me all weekend: 'Are you a Jets fan, are you a (Vancouver) Canucks fan?' I'm like, No, I'm a Jets fan, born and raised," she said.

Prevalnig, a recreation clerk with the City of Kelowna, said her dedication to the Jets began when she was a youngster playing minor hockey.

"I went to all the Jets games as a kid and I was part of the '90s Save the Jets campaign and sold 50/50 tickets at Jets games in their old stadium."

So she snapped a selfie holding the shirt and fired it off to him.

He immediately pointed out the spelling mistake.

Prevalnig couldn't believe the error, especially because the T-shirt bore a tag with the NHL's official logo.

The shirt was manufactured by a Wareham, Mass., company called Soft As a Grape, and owner Allen Katzen said an employee who made the error feels awful about it.

"It was an honest error from an employee and for some reason it didn't go through a quality inspection like it should have," Katzen said.

> **We're apologetic to the city, we're apologetic to the fans. We're hockey fans, and of Canada.**
> Allen Katzen

"It's a serious situation, we made a mistake and we're doing everything we can to rectify it. The shirts have been recalled and we're reprinting them correctly."

Katzen said 48 shirts were produced with Winnipeg spelled incorrectly and not all of them were sold.

Prevalnig said she has heard from the gift shop in Winnipeg, which has promised to "make it right." CANADIAN PRESS

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Duffy still on the hook

POLITICS

Senator previously acquitted on 31 charges

The interminable spectre of the Mike Duffy spending scandal reared its ugly head yet again Thursday as the Senate found itself once more locked in a battle with the controversial senator over dubious expenses.

This time, however, the expenses in question were from claims well-canvassed during Duffy's criminal trial, which ended earlier this year in his sensational acquittal on 31 charges of fraud, breach of trust and bribery.

In that acquittal, Ontario Court Judge Charles Vaillancourt excoriated the Senate for spending rules that lacked clarity and oversight, allowing senators to claim expenses for anything related to what they deemed Senate business.

The Senate committee that polices spending has asked Duffy to repay seven of his claims totalling $16,955, despite last April's court decision.

It marks the first time since late March that a senator has been asked to reimburse questionable spending — an order Duffy is fighting and could soon be entitled to take up with a special arbitrator. The arbitration process was originally set up to handle disputes arising from a federal audit of Senate spending — a review that missed Duffy initially, because he was under RCMP investigation and facing criminal charges.

Duffy has been subject to an audit once before on Senate orders, by auditing firm Deloitte. That 2013 audit looked only at his housing expenses and ended with a Senate committee ordering Duffy to repay $90,000, which he did after then-prime minister Stephen Harper's chief of staff, Nigel Wright, gave him the cash in order to take away a potential political headache for the Conservative government.

Some senators on the committee tasked with oversight of Senate spending wanted auditor general Michael Ferguson to come back and review more of Duffy's spending, but the majority of committee members opted against rekindling the controversy.

But details that emerged during Duffy's criminal trial led Senate administrators to take another look at his spending, with the head of Senate finance alerting the Senate's internal economy committee to the questionable claims.

THE CANADIAN PRESS

Sen. Mike Duffy leaves the courthouse after being acquitted on all charges on April 21 in Ottawa. THE CANADIAN PRESS

SENATE EXPENSES

$16,995

The amount of money the Senate committee that polices spending has asked Mike Duffy to repay

SYRIAN CRISIS

Refugee ad raises concerns

Concerns raised by Canadians over the Liberal government's plan to resettle 25,000 Syrian refugees included questions about whether the program should be advertised with a photo of a woman wearing a head scarf.

The photo was one of five put before eight focus groups run last November and December by the civil servants supporting the Prime Minister's Office. They were testing ads to promote the resettlement program and were told using that photo might create a problem, a perception most common in the two Montreal groups.

"Some felt that by showing a single mother wearing a head scarf, this image may generate negative reactions among members of the general public who were reluctant to accept refugees by reinforcing some negative stereotypes associated with Syrian refugees," said a report on the discussions, posted online recently. Those who liked the picture said it sent an important message. THE CANADIAN PRESS

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Pilots make daring South Pole rescue

EMERGENCY

Sick researchers taken to safety with help of Canadian plane

In this photo provided by the National Science Foundation, a small plane picks up a sick worker at the U.S. South Pole science station. ROBERT SCHWARZ/NSF VIA THE ASSOCIATED PRESS

Two people who fell ill while working at the U.S. research station at the South Pole have been evacuated by a Canadian-owned Twin Otter turboprop plane that made the daring rescue flight in Antarctica's harsh winter.

The National Science Foundation said the two workers arrived safely late Wednesday in Punta Arenas, the southernmost city in Chile, after a long trip from the Amundsen-Scott station at the South Pole. They stopped for a few hours at a British station on the edge of Antarctica to be put on another plane.

"From Punta Arenas, the two patients aboard will be transported to a medical facility that can provide a level of care that is not available at Amundsen-Scott," said a statement from the National Science Foundation.

The foundation runs Amundsen-Scott and two other centres in Antarctica. It did not identify the sick workers or give their conditions, citing medical privacy.

At Magallanes Clinic in Punta Arenas, nurse Mauricio Seron said that a female patient "with a gastric problem" was the sicker of the two.

In a hectic two days of flying, the rescue team flew the 4,800-kilometre roundtrip from Britain's Rothera station to the South Pole and returned to Rothera with the sick workers Wednesday, said Peter West, spokesman for the National Science Foundation. The workers were transferred to a second Canadian-owned Twin Otter plane for the flight to Punta Arenas. THE ASSOCIATED PRESS

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Weight	Shape	Clarity	Price
1.23 carat	Round	I1/E	$7,388.00
1.00 carat	Round	SI2/I+ Can	$9,288.00
1.08 carat	Round	SI2/G Can	$10,488.00
1.01 carat	Round	VS1/H Can	$11,988.00
1.01 carat	Round	VVS1/E	$18,188.00
1.01 carat	Round	IF/D	$30,488.00

Fancy

Weight	Shape	Clarity	Price
1.06 carat	Marquise	SI2/F	$6,488.00
1.00 carat	Cushion	SI1/H	$7,888.00
1.01 carat	Cushion	SI2/G	$8,188.00
1.01 carat	Cushion	SI2/F	$8,288.00
1.03 carat	Princess	SI2/F	$8,888.00
1.01 carat	CC Rad	VS1/G	$8,888.00
1.01 carat	Emerald	VS1/E	$9,198.00

2 - 3 carat

Weight	Shape	Clarity	Price
2.28 carat	Round	I1/KL	$12,988.00
2.51 carat	Round	I1/H	$21,288.00
2.02 carat	Cushion	SI2/F	$22,988.00
2.01 carat	Round	VVS1/G	$45,988.00

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Interpol seeks help finding smugglers

MIGRANT CRISIS

Task made even more difficult by global nature of crime network

Rescuers help migrants in the Mediterranean Sea on Thursday. BRAM JANSSEN/THE ASSOCIATED PRESS

Interpol is asking the public to help find 10 suspected migrant smugglers, an unusual call issued Thursday that reflects just how tough it is to catch those who prey on people fleeing war or poverty.

The diverse nationalities of the 10 — who include people from Romania, Afghanistan and Azerbaijan — highlights the globe-spanning nature of the criminal networks involved in people smuggling, which has soared with the influx of hundreds of thousands of migrants heading to Europe, many fleeing the war in Syria. The public call reflects the difficulty in tracking down people smugglers who can range from invisible bosses to boat drivers.

So far, 26 people have been arrested in the Interpol-led Operation Infra Hydra, which is seeking the arrest of 180 people wanted by 31 countries.

Thursday's appeal by the international police organization, based in Lyon, France, came after nearly a year of investigations by two dozen countries and arrests in May that included a Moroccan suspected of selling Belgian identity cards to Syrians as well as some in an Albanian organized-crime group who were charging migrants nearly 14,000 euros ($15,900) each to travel across the English Channel.

A joint report last month by Europol and Interpol estimated that 90 per cent of migrants entering the European Union have had their trips facilitated by smugglers, who earned $5 billion to $6 billion in revenue last year.

Michael O'Connell, director of operational support and analysis for Interpol, said no one nationality predominated among the criminal networks profiting from those fleeing war and poverty — and no smuggler was too small-time to go after.

Take Kolyo Georgiev Kolev, a Bulgarian suspected of illegally transporting nine Afghans from Bulgaria to Austria — two of whom were killed when the truck overturned in Hungary.

"For each of those nine individuals, there can be an absolutely harrowing personal story behind them," O'Connell said by telephone.

"So whether it's one, whether it's nine, (or) the multiple hundreds of thousands we're seeing facilitated and trafficked into Europe, every single one of those people has a life and value that has to be respected." THE ASSOCIATED PRESS

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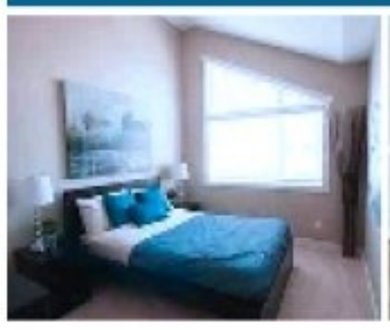

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All eyes on Brexit results

The world watched with bated breath as the polls closed Thursday in Britain's historic referendum on membership in the European Union. Throughout the night, results were too close to call.

THE ASSOCIATED PRESS

Staff count ballot papers at the count centre at the Emirates Arena, Glasgow, Scotland, on Thursday after polls closed in the referendum. AFP/GETTY IMAGES

The British pound plunged to a 31-year low Friday as results in the country's European Union referendum gave the "leave" side a small but growing lead.

The figures delivered a deep shock to financial markets, overturning earlier anticipation of a narrow victory for "remain."

The pound initially soared as polls closed and two opinion surveys put "remain" ahead and two leading supporters of the "leave" campaign said it appeared the pro-EU side had won. But it then suffered one of its biggest one-day falls in history, plummeting from about $1.50 to below $1.35 as results suggested a strong possibility the U.K. would vote to quit the bloc.

As results poured in, a picture emerged of a sharply divided nation: Strong pro-EU votes in the economic and cultural powerhouse of London and semi-autonomous Scotland were countered by sweeping anti-Establishment sentiment for an exit across the rest of England, from southern seaside towns to rust-belt former industrial powerhouses in the north.

"A lot of people's grievances are coming out and we have got to start listening to them," said deputy Labour Party leader John McDonnell.

With more than 16 million of an expected 30 million votes counted, the result was closely split, with the "leave" ahead by a few hundred thousand votes — and "remain" underperforming analysts' expectations.

"Few 'remain' strongholds are doing better than expected," said John Curtice, a University of Strathclyde political scientist and BBC election analyst. "There are far more places where 'leave' are doing better than expected."

"It may be possible that the experts are going to have egg on their face later on tonight," he said.

A vote to leave the EU would destabilize the 28-nation trading bloc, created from the ashes of World War II to keep the peace in Europe. A "remain" vote would nonetheless leave Britain divided and the EU scrambling to reform.

The Betfair market predicted a 51 per cent chance of Britain leaving the EU — the first time in the referendum campaign the option has become the favourite. Bookies' odds on Brexit also shortened to as short as 6-5. They had been 5-1 only hours earlier, as polls pointed to a "remain" win.

FIRST RESULTS

- England's working-class northeast returned a smaller-than-expected "remain" win of 50.7 per cent in Newcastle and a bigger-than-expected "leave" vote of 61 per cent in nearby Sunderland.
- In Wales, the first four results showed 54 per cent in favour of "leave."
- Northern Ireland's first five voting areas were all for "remain."
- The "remain" vote was ahead in Scotland, although turnout there was below average.

REFERENDUM

How Canadians might be affected

The results of Thursday's Brexit referendum will send ripples around the globe. If the U.K. leaves the European Union, the news could hit Canadians on a number of fronts:

Fewer exports

Finance Minister Bill Morneau says Canadian businesses that invested in the U.K. to access the European market may be forced to rethink their strategies.

"We're watching in Canada and we're anxious," Morneau said. Canada could also lose out on some of the benefits of the Comprehensive Economic and Trade Agreement (CETA), the country's trade agreement with the EU.

Canada exported almost $16 billion worth of products to the U.K. in 2015, or about three per cent of total exports, which makes it Canada's third-largest trading partner behind the U.S. and China.

If the U.K. stays in the EU, that means big savings for Canadian businesses. But if the U.K. leaves, it would have to negotiate its own deal with Canada, a lengthy process that could take decades.

Lower returns

Canadian Mark Carney, governor of the Bank of England, has warned that a Brexit could trigger financial instability in the country. That's bad news for Canadians with investments in the U.K. Canadians invested almost $69 billion in the U.K. in 2014, according to Statistics Canada, or 8.3 per cent of foreign investment.

Stronger U.S. dollar

A Brexit could throw the British economy into turmoil, weakening the pound against the U.S. dollar. U.S. Federal Reserve chair Janet Yellen warned that a hike to the dollar caused by European uncertainty could slow the U.S. economy by discouraging trade.

And a stronger U.S. dollar would make it even more expensive to travel in the U.S., throwing a curve ball in Canadian's summer vacation plans.

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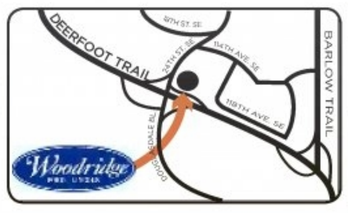

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U.S. Democrats end sit-in

GUN CONTROL

Republicans refuse to give in to calls for tighter rules

Exhausted but exuberant, House Democrats vowed to fight on for gun control Thursday as they ended their high-drama House floor sit-in with songs, prayers and defiant predictions of success. Republicans offered a dose of political reality, denying House Democratic demands and holding a Senate vote designed to show a bipartisan gun compromise can't pass.

"They're trying to get on TV," House Speaker Paul Ryan complained in an angry denunciation of the Democrats' 25-hour occupation of the Capitol chamber.

Ryan said the House would not be giving in to Democrats' calls for votes on legislation expanding background checks for gun buyers and keeping people on the no-fly list from getting guns in the wake of the Orlando shooting. .

Yet while they may have lost the legislative battles at hand, Democrats on both sides of the Capitol were congratulating themselves on a remarkable success in gaining attention for their demands for action to curb the widespread availability of firearms, first by a 15-hour Senate filibuster last week and then with their extraordinary occupation of the House floor.

That latest effort broke up around midday Thursday after going through the night, even after Ryan moved up the Fourth of July recess and gaveled a chaotic House out of session in the early morning hours.

On Thursday Democrats streamed onto the steps of the East Front of the Capitol, where cheering crowds welcomed them. Rep. John Lewis of Georgia, the civil rights icon who helped lead the sit-in, urged the crowd not to give up and to vote in the fall elections.

"The fight is not over. This is just one step" Lewis declared.

THE ASSOCIATED PRESS

Rep. John Lewis, from left, Rep. Joseph Crowley, House Minority Leader Nancy Pelosi and Rep. Charles Rangel sing "We Shall Overcome" on Capitol Hill in Washington, Thursday, after House Democrats ended their sit-in protest. THE ASSOCIATED PRESS

SOCIAL MEDIA

Public relations success
The public could see it all, because even after Republicans shut off the cameras in the House chamber, Democrats began recording the action on their cellphones, and C-SPAN and other networks carried the feeds.

FREDDIE GRAY CASE

Judge: No evidence of crime

A judge explained why he found a police driver not guilty in the death of Freddie Gray, a 25-year-old black man whose neck was broken on the way to the station: He didn't see any evidence of a crime.

Baltimore Judge Barry Williams ruled Thursday that the state failed to prove Officer Caesar Goodson committed murder, manslaughter, assault, reckless endangerment or misconduct in office.

Goodson was the only one of the six officers charged in Gray's death to be accused of murder. He's the second to be found not guilty, and another officer's case ended in a mistrial.

The judge said Goodson wouldn't have been able to determine whether Gray was injured between the second and fifth stops on the 45-minute trip, because only after the van finally arrived at the Western District station house did officers observe Gray with blood and saliva on his face.

THE ASSOCIATED PRESS

VENEZUELA

World leaders mount pressure

The head of the Organization of American States, Secretary General Luis Almagro, added his voice Thursday to the chorus of international leaders stepping up pressure on Venezuela to address a humanitarian crisis and end a crackdown on opposition activists.

But Venezuelan Foreign Minister Delcy Rodriguez said Almagro was trying to overthrow the administration of President Nicolas Maduro, and exaggerating the situation in Venezuela.

"There is no humanitarian crisis," she said.

THE ASSOCIATED PRESS

CRISIS

Venezuelans say they don't have money to buy groceries, and the country has been wracked by food riots and lootings.

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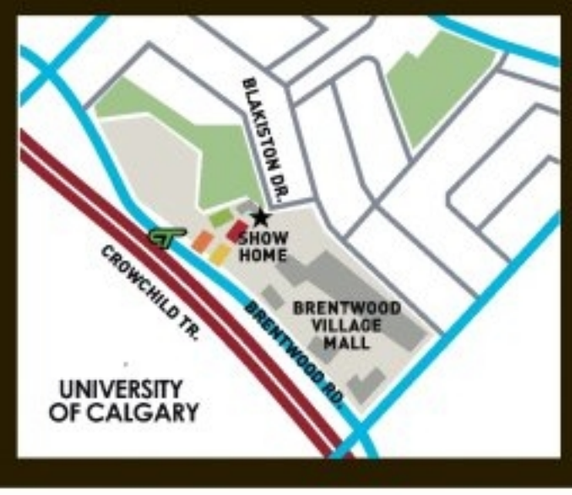

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Linda Duxbury, a professor at Carleton University's Sprott School of Business, tends to her garden at her home in Ottawa, on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Work-life demand growing

EMPLOYMENT

Young workers want clearer office, home divisions

The work-life balance in European countries seems the stuff of dreams to many Canadians.

France has a 35-hour work week and recently gave employees the right to disconnect from email after they leave the office.

Sweden, meanwhile, offers workers a minimum five weeks paid vacation time.

And many Scandinavian companies have implemented a system of flexible hours and working from home as management encourages employees to craft schedules that fit their personal needs.

While Prime Minister Justin Trudeau managed to sneak a day off during a recent work trip abroad to celebrate his wedding anniversary, that kind of flexibility isn't afforded to most working Canadians despite work-life balance being a hot topic for years.

The Organization for Economic Co-operation and Development has found that the average Canadian works 1,704 hours annually, more than in Germany and Australia although less than those apparently tireless workers in the United States.

But as younger generations in Canada move into the workforce and demand more scheduling flexibility and clearer divisions between the office and home, companies will have to do more than just talk the talk and actually implement concrete policies to attract and keep talented workers, says one researcher who's studied the issue here for more than 20 years.

"Balance is not going to be an optional discussion point pretty soon," said Linda Duxbury, a professor at Carleton University's Sprott School of Business. "To keep younger talent, you're going to have to deliver on it."

Employees crave a supportive work culture that enables a work-life balance, said Lidia Pawlikowski, a senior consultant of health and wellness at Morneau Shepell, a human resources consulting company founded by the father of Canada's current finance minister, Bill Morneau.

Workers want to take guilt-free lunch breaks, squeeze a workout into their day and not remain glued to their smartphones after hours, she said.

THE CANADIAN PRESS

RECREATION

Gen X buy more cottages than boomers

A new report from realtor Royal LePage says members of so-called Generation X are buying twice as many cottages as Baby Boomers.

The report says retirement planning and vacationing are among the reasons most often cited by those looking to purchase recreational properties.

Royal LePage says the typical cottage buyer is a couple with children, most likely in the Generation X demographic, which the report defines as those aged 36 to 51. The report defines Baby Boomers as those between 52 and 70.

Its findings are based on a national survey of Royal LePage recreational real estate experts.

The report says foreign buyers — predominantly from the United States — make up 10 per cent or less of Canada's recreational property market.

"We found it interesting that a majority of respondents identified retirement as a driving factor for a recreational property purchase consideration, but Gen Xers, still decades from retirement, were identified as the typical buyer in the current market," Phil Soper, president and CEO of Royal LePage, said in a statement.

> **A majority ... identified retirement as a driving factor.**
> Phil Soper

"This cohort, having reached a place of stability, and often owners of primary residences in the country's city centres, is making recreational property purchases for family enjoyment in the near-term and as a key strategy for retirement."

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metro VIEWS
Your essential daily news
SCIENCE SAYS Weekend, June 24-26, 2016

THAT'S RUFF
A psychology study suggests we should teach teens the way we train dogs: With simple rewards. Trying to reason with them? Well, that's barking mad.

DECODED Sports injuries

WHAT'S THE DEAL WITH TURF TOE?

Toronto Blue Jays star Jose Bautista lost a fight with a solid wall at the edge of the outfield during a game against the Phillies in Philadelphia last week. He smashed right into it, foot first, and was diagnosed with turf toe. He earned himself a 15-day disability leave and has to wear a walking boot. **What is turf toe anyways? We explain.**

WHAT IS TURF TOE?
Turf toe is a sprain to the ligament of the first **metatarsophalangeal joint.** That means the flexible, tough connective tissues around the large big-toe joint are stretched and damaged, sometimes torn.

WHAT CAN BE DONE ABOUT IT?
Swelling and pain are treated with ice and anti-inflammatory meds and the foot is stabilized to prevent further injury. If there are complications or severely torn tissues, surgery may be needed.

HOW DOES TURF TOE HAPPEN?
The most common way is **hyperextension**: As the foot is smashed into the ground (or, say, an outfield wall), the large big-toe joint bends too far upward, outside of its natural range of motion.

TOETALLY SERIOUS

The big toe (or, to use medical lingo, the **great toe or Hallux**) is one of the leading sources of athletic injuries. Without a functioning big toe, an athlete can lose "push-off strength" — aka Bautista's ability to sail off of first base. In nastier cases, without effective treatment, such an injury can eventually lead to deformity, chronic pain or joint degeneration (arthritis).

GRAPHICS: ANDRÉS PLANA/METRO

FINDINGS
Your week in science

LIANE G. BENNING/GFZ

PINK HILLS
It's not as delicious as it sounds: Watermelon Snow is the nickname given the pink algae blooming across the European Arctic. Rose-hued snow reflects 13 per cent less sunlight than the white stuff. That makes the ground and air heat up more, creating slushy puddles — the algae's favourite habitat. And so begins a vicious cycle.

DIETER'S DREAM
Chocolate with less than 36 per cent fat doesn't melt nicely and tends to clog factory machines. But a new study shows jolting low-fat chocolate with electricity helps it flow, creating a tasty candy with 10 per cent less fat.

SOUND SMART

DEFINITION
A Eukaryote is a living thing with cells that contain a nucleus (a cellular "brain" with DNA) and organelles (cellular organs) enclosed in membranes. **All species are eukaryotes except bacteria and archae**, which are prokaryotes.

USE IT IN A SENTENCE
"Javier is so dim. If not for the fact that he definitely is made up of more than one cell, I wouldn't even believe he's a **eukaryote.**"

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MOVIES MUSIC TELEVISION DIGITAL

An alien spaceship wreaks havoc in the skies above a fleeing ship in Independence Day: Resurgence. But you can relax: You know the superheroes are looking after everything. CONTRIBUTED

Superheroes save your world

PSYCHOLOGY

Apocalyptic plot lines help audiences deal with stress

Richard Crouse
For Metro Canada

In today's world it's not enough to be a hero. Now you must be a superhero. Liberating a cat from a tree or performing the Heimlich manoeuvre is considered HeroLite™.

Unlike the old days when square-jawed movie stars rescued damsels in distress or battled cold-hearted landlords, today's champions won't get out of bed for anything less than the threat of complete world annihilation.

This weekend the heroes of Independence Day: Resurgence join Mystique, Quicksilver, Leonardo, Raphael, Michelangelo, Donatello, Captain America and legendary do-gooders Batman and Superman in some good, old-fashioned world saving.

The 20-years-in-the-making sequel to Will Smith's mega-hit sees aliens from outside the Solar System attack our planet. It's life and death on a planetary scale.

It's not a surprise the stories are getting larger and louder. Audiences want a big bang for their buck and Hollywood is pleased to oblige with high-stakes situations that provide frenetic action and happy endings (unless, of course you're rooting for the bad guy).

These days Hollywood also looks to overseas markets for mega-revenue and presenting globe-spanning stories helps to attract crowds in other countries. Business aside, why have audiences embraced world-on-the-brink movies?

Films, says Dr. Norman Holland, Marston-Milbauer Eminent Scholar Emeritus at the University of Florida, work on different parts of your brain.

"The parts that turn off are the parts that plan action because you're not going to act on what you see on the screen in front of you," he says.

"You accept the most improbable things, like Stars Wars or Spider-Man or whatever.

"At the same time the lower centres of your brain are generating emotions like mad in response to what you're seeing. This is the peculiar phenomenon that you can feel and care about these people on the screen while at the same time knowing they are nothing but a fiction."

In these heroic tales good almost always wins out, a comforting antidote to the nightly news where stories often don't have happy endings. It makes us feel good, but, as Dr. Holland notes, it's also restful.

"As you know they are redesigning movie theatres with recliner chairs so you can sleep through the movie," he says.

"Yes, it is relaxing. This is the part of your brain that worries, that plans for the future, that is concerned about the state of your body.

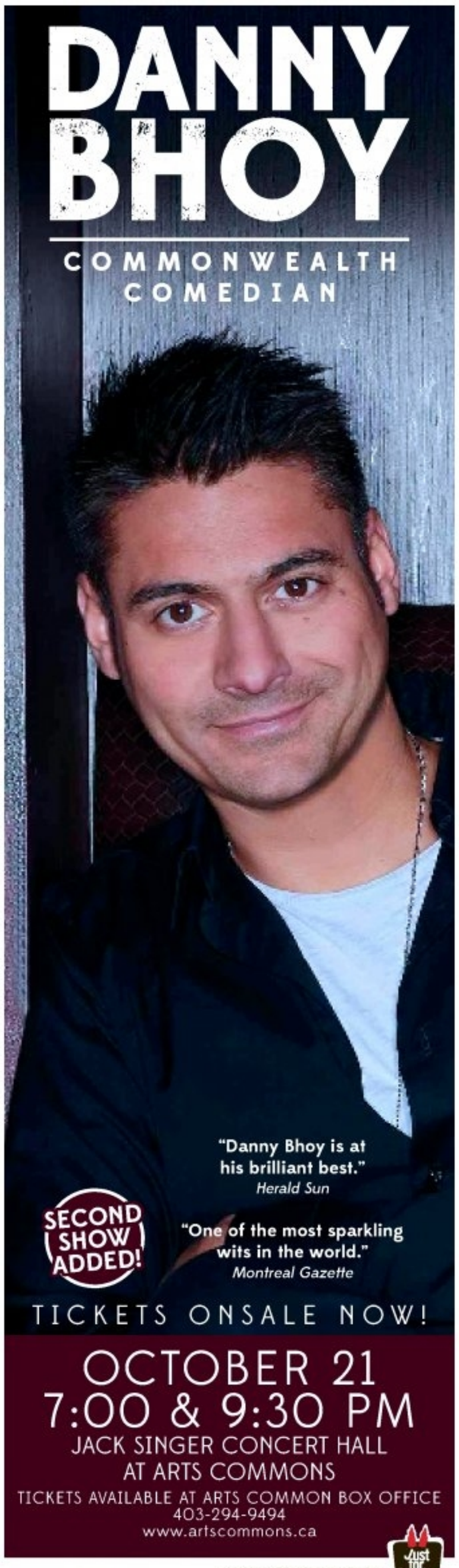
"All that shuts down. It's restful, no question."

Going to the movies is restful? Good for us? Seems like in our busy, stressful world it's the films that are the heroes, not the characters.

MOVIE RATINGS by Richard Crouse

The Shallows ★★
Free State of Jones ★
The Neon Demon ★★★
Tickled ★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT



Self-taught Kiwi auteur schools industry in cool

INTERNATIONAL FILM

Hunt for the Wilderpeople is Waititi's latest unique film

Steve Gow
For Metro Canada

The name Taika Waititi may not be a household name in Canada, but he's still the second most famous filmmaker from New Zealand.

In a country that has spawned such luminaries as Jane Campion (The Piano), Waititi sits only behind Lord of the Rings-helmer Peter Jackson as the island nation's most successful auteur with smash hits Boy and this year's Hunt for the Wilderpeople.

In fact, the latter (which opens in Canada Friday) has earned more than The Jungle Book and Deadpool combined at the Kiwi box office. Not bad for a guy who never even attended film school.

"I went to school and hated that and went to university and hated that. By the end I went, 'I'm never going to go to an institution to learn anything,'" laughed Waititi recently from Australia.

Teaching himself the trade, the 40-year-old understands a movie set is full of experts to rely on.

"That's what I do. I still don't know all the names of the gear on a film set."

If Waititi is joking, it's certainly not the first time. As longtime pals of Jemaine Clement, he got his start collaborating on the comedian's HBO series Flight of the Conchords before moving into features with quirky 2007 rom-com Eagle vs Shark.

Nearly a decade later and the 40-year-old has uncovered success at home and been headhunted by Hollywood to direct Marvel's forthcoming superhero blockbuster Thor: Ragnorak.

"I'm very relaxed about it," admitted Waititi. "I don't know if that's a bad thing. Maybe you're supposed to be really stressed out when you do these things."

But Waititi is full of natural confidence and optimism. In fact, it's something that's clear in his catalogue of affirming films focused on underdogs.

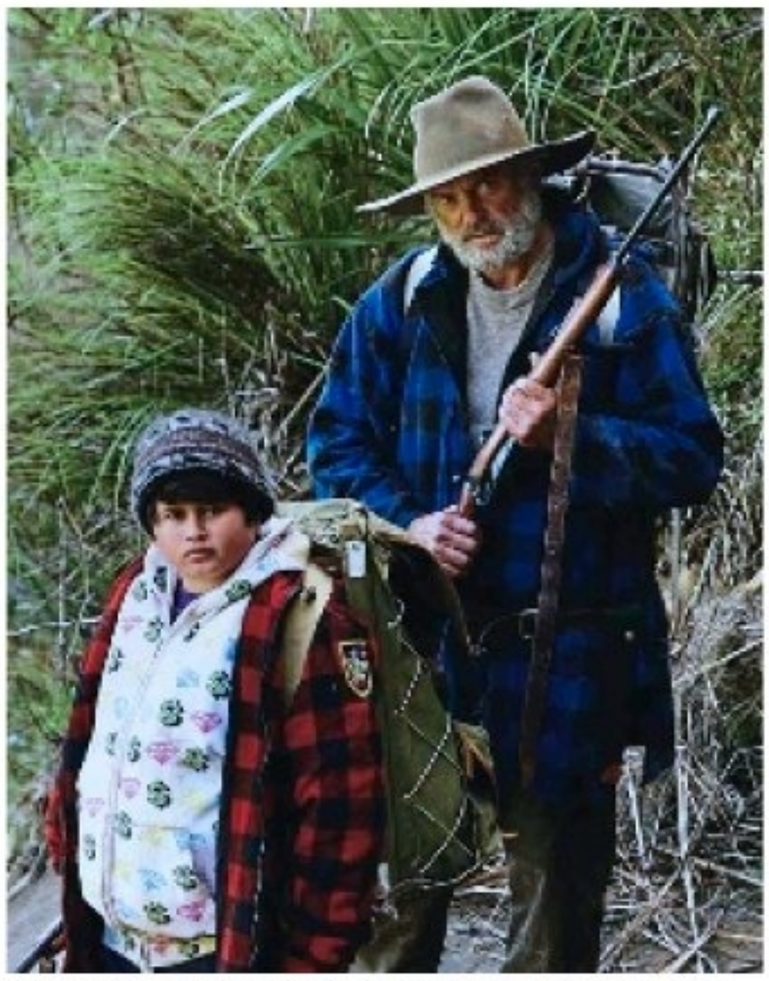
In the case of Wilderpeople, he pairs a defiant teen and his crusty foster uncle in an '80's-inspired romp through the New Zealand wilderness.

"I've become less stressed out about everything," reflected Waititi about his growth behind the camera, an epiphany that became obvious filming Wilderpeople.

"I remember sitting out in the elements and it was freezing (and I) realized my job is making people say lines and pretend to be emotional while standing on a mountain. It really is the coolest job!"

Filmmaker Taika Waititi says he still doesn't know the names of all the gear on set. CONTRIBUTED

> I'm very relaxed about it. I don't know if that's a bad thing. Maybe you're supposed to be really stressed out when you do these things.
> Taika Waititi



Waititi took his time writing the script and making this film — more than a decade. CONTRIBUTED

Elle Fanning plays a wannabe model turned sociopathic zombie in The Neon Demon. CONTRIBUTED

I ultimately make inexpensive movies and this is so I can completely control them. For me, creative control is essential to the process.
Nicolas Winding Refn

New angles, and demons

INTERVIEW

Refn continues to reinvent the fetish genre in neon nightmare

Chris Alexander
For Metro Canada

Danish director Nicolas Winding Refn is by his own admission a "fetish filmmaker."

This is not to say that his movies are choked with too-tight-corsets, PVC cat suits, 12-inch stiletto heels and riding crops, though you certainly might find these objects of erotic fixation littered about his pictures. No, the enfant terrible of the arthouse defines the term "fetish" in a much more singular way.

"To me, being a fetish filmmaker simply means I shoot what I want to see," Refn tells Metro. My goodness, what sights he sees in The Neon Demon.

Refn's latest fever dream is a slow-burning supernova of style-gone-sinister, an opulent wallow in the feral underbelly of the L.A. fashion model industry that serves as an excuse for Refn to saturate the screen with arch femininity, color, glitter and blood. Lots and lots of blood.

In it, actress Elle Fanning plays Jesse, a naïve waif who appears in Hollywood in search of a fantasy and instead finds a monstrous cabal of parasites who feed off her energy, literally and figuratively. Her transformation from an innocent to a sociopathic zombie plays out like a perversion of The Wizard Of Oz by way of Suspiria and is a film perhaps only Refn could have made.

"I shot it all in chronological order," Refn admits.

"So, I was kind of figuring it out as I went. It quickly began to become apparent that it was more exciting to me to have this duel relationship between Jesse and herself. You know, on one hand she can be this deer in the headlights and then, on another hand, she can be an evil Dorothy. I think there are clues in the movie to this transformation that pop up again and again and again."

The Neon Demon grew organically out of a previously announced project, a horror film called I Walk With The Dead that was intended to reunite the director with his Drive star Carey Mulligan. But, in true fetish filmmaker fashion, Refn's attentions began to drift in pre-production and soon, he switched gears and began fixating on making a darker, more abstract sort of shocker.

"(The Neon Demon) kind of jumped out of that project and became something else," says the director.

"I switched interests, which usually happens with me. I wanted to make something different, so I took all of my original ideas that I liked from the first film concept and continued evolving it and adding to it. It became The Neon Demon, naturally."

The Neon Demon opens Friday. See it with someone you trust.

Gary Ross, left, rehearses a scene with the cast of Free State of Jones. CONTRIBUTED

Focusing in on the facts behind State of Jones

CIVIL WAR

Filmmaker aimed for transparency in 'true story'

Steve Gow
For Metro Canada

When you see a movie that claims to be "based on a true story", do you often wonder just how much of it is fact versus fiction?

So does Gary Ross.

That's partially why the filmmaker behind the new Civil War-era drama Free State of Jones has designed his movie's website to defiantly outline in detail what was unofficial and what was authentic.

"It's a true companion piece to the film and they really do go together," explained the four-time Oscar-nominee from New York.

"There's a higher burden in this. I think the civil war is used as a political instrument by people who have present-tense agendas so I thought it was very important to be transparent so that it didn't become a topic of debate or people pulling at one end of the political rope or the other."

While the biography of Newton Knight (who united runaway slaves and farmers to rebel against the Confederacy) may be set in the distant mid-19th Century, the story's themes are surprisingly still current.

In fact, the drama's issues of race and class are eerily poignant in the wake of last year's Confederate flag debate — reason enough for Ross to be vigilant with accuracy.

"You can't treat it glibly," said Ross, who realizes much of history is now absorbed by means other than textbooks.

"Because people get so much of their information from pop culture, there is a responsibility to apply a certain kind of rigor to it."

Casting Matthew McConaughey was a crucial component in the movie's credibility as well.

Not only does the Texan actor look related to the Southern freedom fighter, but he's clearly a thespian who carefully chooses his roles. "He's very, very focused. He has a lot of rigor in his process and he's incredibly prepared," said Ross of the Oscar-winning star.

"There's so many millions of things that go into shaping a culture, a person that you can't just replicate in the acting process so I was very lucky to have somebody with his stature, with his depth of talent who could do this."

> **I think the Civil War is used as a political instrument by people who have present-tense agendas so I thought it was very important to be transparent**
> Filmmaker Gary Ross

ROSS REFLECTS

Gary Ross on his three biggest movies:

Seabiscuit (2003)

"It was a wonderful world," said Ross of the Oscar-nominated true story of a beloved racehorse. "I loved shooting on the race tracks. It was very athletic in every respect — with the filmmaking and the subject matter itself."

Big (1988)

"Both Tom Hanks and me (were) innocent in everyway," said Ross of his first screenplay. "There was just a feeling of newness and enthusiasm that I think both informed the subject matter and the experience."

The Hunger Games (2012)

"Shooting that movie was really fun," recalled Ross, who directed the first of the sci-fi franchise. "One the reasons I didn't move on with the sequels was that Jones was such a labour of love."

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Steven Landry, CEO of AutoCanada, **Scott Miranda**, Dealer Principal of CAG, **Bob Devlin**, Western Business Center Manager of FCA Canada, **Kris Laughton**, Director of Operations of Courtesy Chrysler

Scott Miranda, Dealer Principal and partner of the Courtesy Auto Group (CAG) and the Hyundai Calgary Auto Group (HCAG) has redefined the consumer–dealer relationship in the automotive industry. He is passionate about serving Calgarians and Southern Alberta. Miranda explains that every personnel is trained to adopt a professional, high-value customer satisfaction and quality service mindset.

Since the AutoCanada acquisition of Courtesy Chrysler on July 1, 2013, the name and brand of "Courtesy" has expanded. In summer 2015 Hyatt Mitsubishi was relaunched as Courtesy Mitsubishi with a refocused customer-orientated automotive experience – the "Courtesy" experience. The Courtesy Preowned Supercentre was opened simultaneously, situated in the same AutoMall circle as Chrysler and Mitsubishi. The Supercentre strives to be Calgary's choice for all makes and models of preowned vehicle inventory.

With the company's expanded operational model, the CAG saw an opportunity to redesign Courtesy Chrysler's showroom and Truck Centre.

"Courtesy Chrysler and Courtesy Mitsubishi are premier, high-volume dealerships. We care about an authentic customer experience which is why we invested in these renovations. Every time a customer steps in the showroom we want them to feel comfortable. We want to remain aligned with the expectations customers bring to the showroom and ensure we stay their dealer of choice," Miranda states about Courtesy Chrysler's Grand Reopening and Courtesy Mitsubishi's Grand Opening.

More than one million dollars in renovations have been invested in Courtesy Chrysler's showroom and Truck Centre. The new showroom provides a sensory experience for customers; the custom designed space is elegant and comfortable with a family-friendly atmosphere. It is a representation of Courtesy's ongoing commitment to innovation and growth. By creating more value and greater convenience for the customer, Courtesy continually offers a winning dealership experience.

"Calgarians have grown to trust the service that we provide and we're honoured to have received the 2016 Customer Satisfaction Award at Courtesy Chrysler and the 2016 award for Dealer of the Year in Alberta at Courtesy Mitsubishi by DealerRater.com," Miranda says humbly.

While winning awards is always welcome, Miranda prides his stores on having a knowledgeable, dedicated and honest team whose products and services aim to deliver customer satisfaction.

The CAG cares about the community in which they work and live. They have a long-standing commitment to community investment and value offering structured work experiences for youth in Calgary. The CAG views investing in the community as the responsibility of local businesses, and it has helped to build strength and cultivated relationships through fundraising efforts for the Calgary Floods in 2013 and the recent Fort Mac fire devastation. The CAG and the HCAG are proud sponsors of the upcoming CP Women's Open Golf Tournament at Priddis Golf Course in August. They will be teaming up with CP for a Hole-in-One activation and giveaway in support of the Alberta Children's Hospital.

Courtesy has gained a strong presence in the Calgary AutoMall, owning three spacious lots to house a large variety of vehicles to meet the needs of each individual customer. The addition of the Courtesy Collision Centre means CAG now operates five buildings in south Calgary. Combined with the HCAG, there are more than 250 employees across a range of functions.

To learn more about the CAG, or the HCAG, or to speak with a client care representative, call (403) 245-6000 and find out why ***The Name Says It All*** at the Courtesy Auto Group.

Author Briare Crawford

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AMVIC Alberta Motor Vehicle Industry Council

What will the aliens destroy this time?

SPECULATION

Earth is rebuilt just in time for Independence Day sequel

There have been no press previews for Independence Day: Resurgence (never a good sign for a movie), so we had to speculate on what will happen based on the trailer footage. CONTRIBUTED

Those pesky space aliens of Independence Day didn't leave much room for a sequel when they first attacked Earth in 1996.

They trashed an estimated 108 of our planet's cities, including many of the major ones: New York, Washington, D.C. and London among them.

They also knocked down iconic edifices across the globe, including the Statue of Liberty, the White House, Big Ben and the Taj Mahal.

"They like to get the landmarks," says Jeff Goldblum's scientist character David Levinson, who is fond of stating the obvious, in the many trailers, teasers and clips for Independence Day: Resurgence, opening Friday.

Yes, director Roland Emmerich somehow found a way back into his invading E.T. story from two decades ago, even with the absence of Will Smith, the breakout star from that blockbuster, who opted not to return.

There have been no press previews for Resurgence, which is never a good sign. But we can guess at least a few of the targets of destruction from what glimpses we have been given, including the goofy new alien strategy of using one city to bash another.

Here's what we think we know of what the space critters are up to:

Military moon base

Since the last attack, we Earthlings have figured how to use alien anti-gravity technology and to build new weapons and even home appliances — including "a heck of a good vacuum," as Levinson enthuses.

We've also built a military base on the moon, which is likely where we'll first spot the returning E.T.s. And they'll likely trash the place en-route to Earth, if they follow standard sci-fi movie procedure.

Atlantic Ocean

Levinson's gnarly dad Julius (Judd Hirsch) also returns for the sequel, and he seems to be in charge of handling a lot of the exposition.

"It's touchdown over the Atlantic!" he yells, when the aliens make Earth contact.

"Which part?" somebody yells back.

"All of it!"

London again ... and also Dubai and Kuala Lumpur.

What, blowing up London again? Yes, luv.

But it's not just Big Ben and the Houses of Parliament getting splintered this time. Those dastardly space thingies have a new trick up their sleeve.

They scoop up Kuala Lumpur's Petronas Twin Towers and use that to destroy London Tower Bridge.

Then they take Dubai's needle-shaped Burj Khalifa tower, the tallest structure in the world, and poke it into (or near) the London Eye, a giant Ferris wheel on the south bank of the River Thames.

Maybe this visual gag is their payback response to the "middle finger" image we sent when we blew up their mothership in '96?

Washington, D.C., redux?

The most famous image from Independence Day was of the alien mothership blowing up the White House.

Can Emmerich resist revisiting that?

Maybe not. The trailers show the U.S. Capitol building being surrounded by what appear to be both Earth and alien attack ships.

If a fight over D.C. breaks out, how would you rate the chances of the Capitol building to remain standing?

Not good, we'd say.

TORSTAR NEWS SERVICE

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KIA The Power to Surprise

Why Tickled doc is no laughing matter

SCANDAL

Filmmakers face threats for exposing secret world

Richard Crouse
For Metro Canada

David Farrier, left, and Dylan Reeve (standing), the filmmakers behind Tickled. Farrier set out to make a documentary about competitive tickling, but what he found was much more nefarious. **Below:** A box of tickling implements. CONTRIBUTED

The amiable David Farrier doesn't want to be talking to me right now. The New Zealand director was in our hemisphere to chat up his documentary Tickled.

"I wish I wasn't doing this now," he says.

"I wish there was no trailer. I wish there was no reviews. I wish people could hear about this thing called Tickled, a film about the sport of competitive endurance tickling and say, 'I've got nothing on, let's go to the movies and see what happens.' That's the dream. I wanted people to feel like they were on the same what the f—? journey I was with (co-director) Dylan (Reeve) when we made the film."

The story of Tickled begins when Farrier, a self-described "light fluffy journalist," came across a strange tickling video on the internet.

Thinking it would make a good story he contacted the makers of the video requesting an interview.

"I'm always trying to find a story no one has seen before," he says.

"I've been doing this for 10 years now and it's harder and harder to do that because everyone on Facebook is sharing the craziest things. But when I came across this tickling video alarm bells went off. You've got these young, model-esque men in bright Adidas clothes in a stark white room. One of them is tied down with shackles and they're tickling and having a great time.

"It jumped out at me because I genuinely thought it must be some sort of Adidas sponsored (video). I thought it was legit. It wasn't shot on a cell phone. It wasn't shot in someone's bedroom. It was shot in a studio and that costs money to rent. Aesthetically, it grabbed me."

When the video maker was slow to respond via email Farrier contacted them through a public Facebook page and that is when the story got weird, troubling and took on the aura of a thriller. Imagine Michael Clayton with tickling and you get the idea.

The documentary sheds light in the dark corners of competitive endurance tickling.

There's alleged cyberbullying, blackmail and catfishing involved as Farrier takes viewers deeper into the subject matter.

"This company does so many strange things," Farrier says of the outfit that hosts the endurance tickling contests.

"I have to talk about it in obscure language, I'm sure you understand. Part of it is the game.

"They love tickling but, as it came out, they love bullying and abusing and derailing lives as well.

"When I came along I was another target."

Farrier says being the subject of threatening lawsuits didn't concern him too much.

"It's been two years now and I am so used to threats. Other things keep me up at night.

"Also, I'm an entertainment journalist from New Zealand. I don't have money."

But the documentary subjects have been persistent. At the Los Angeles premiere last Friday, two men who feature in the documentary — David D'Amato and Kevin Clarke — confronted Reeve (Farrier was not at the premiere) and accused the pair of using recorded material they had agreed was off the record.

The circumstance that inspired his documentary is "an unusual thing," says Farrier.

"I still can't believe this happened," but he thinks the movie has messages beyond its obvious examination of cyber bullying.

"Hopefully those who come along will learn the simple lesson that not everything is as it seems," he says.

"If you are engaged in anything on the internet, look into it before you dive in. On a slightly cheesy level, just be yourself.

"If you are into something, as long as you're not hurting anyone, be loud and proud about it.

"Try and have that confidence.

"We're living in 2016 and we have a long way to go but if you can, try and be yourself, it will help you. Repression is bad."

> **I wanted people to feel like they were on the same 'what the f—?' journey I was with (co-director) Dylan (Reeve)...**
> Tickled co-director David Farrier

THE TV DINNER JESSICA ALLEN

I was certain that a great white shark resided under my bed. That my father hid outside my bedroom door humming a two-note tune — duh-dah — might've contributed to this fallacy.

Blake Lively recently said that The Shallows, a film opening Friday in which she stars as a woman trapped on a rock surrounded by sea battling a shark, isn't just "a survival movie, an isolation story," but also one that addresses the environment: "Because of climate change and global warming," the 28-year-old former Gossip Girl said, "what was once in the deep is now in the shallows."

I'm not sure I got that from the trailer, which was nonetheless appealing. I mean, Blake Lively vs. a great white shark? OK! Film critic and industry pundit Scott Mendelson agrees: "It does seem like a perfect summer movie," he recently wrote in Forbes, "and of course it was a glorified B-movie horror thriller about a giant shark that kickstarted the modern summer movie season in the first place."

That was exactly 41 years ago on June 20, 1975. Jaws, which put then 27-year-old director Steven Spielberg on the map, opened in just over 400 theatres but became the highest grossing film in history.

I don't remember where I first saw it but for close to a solid year when I was five (Jaws was rated PG) I was certain that a great white shark resided under my bed. That my father hid outside my bedroom door humming a two-note tune — duh-dah — might've contributed to this fallacy.

I couldn't tell you how many times I've seen it. But I do know that when my brother and I were teenagers, with little to say to each other, we'd swap lines of dialogue from the film instead of having an actual conversation. That they were mostly bits of monologues delivered by Quint, the Orca fishing boat's salty captain played by Robert Shaw, hardly mattered.

We also became life-long devotees of early Spielberg films and revelled in learning about the movie-making mythology that Jaws is steeped in: how a film shoot with a relatively small budget with three malfunctioning mechanical sharks — collectively nicknamed Bruce, after Spielberg's lawyer — became a global phenomenon winning three Academy Awards.

And yes, some say this original summer blockbuster was the beginning of the end of art house films. I say: "It's a masterpiece! The performances, especially Roy Scheider's as Brody, are extraordinary! Let's watch it tonight!"

Simon says: "Again?"

"How about just the DVD bonus material?" I pleaded, while we prepared summer sausage sandwiches — another seasonal staple in our home — with corn relish, tomato, onion, lettuce, cheddar, mustard and Simon's mom's extraordinary dill pickles. That they require no cooking was a bonus because the first day of summer reached a high of 35 degrees.

I stacked my sandwich real high with toppings. Meanwhile, Simon stacked three. Three giant sandwiches.

"You're gonna need a bigger plate!" I said. "Ha ha ha!"

We watched the Marx Brothers' Duck Soup instead.

Jessica Allen is the digital correspondent on CTV's The Social.

THE MEAL: Summer sausage sandwiches

THE MOVIE: The Shallows

FILM BRIEFS

Ben Affleck launches epic 'Deflategate' rant

Ben Affleck gave former ESPN personality Bill Simmons' new HBO talk show a lively start with a five-minute, expletive-filled rant on "Deflategate." During an interview on the Wednesday episode of Any Given Wednesday, Affleck criticized the NFL and its commissioner, Roger Goodell, for suspending New England Patriots quarterback Tom Brady for using underinflated balls during a 2015 playoff game. The New England-raised Affleck called the issue a "ridiculous smear campaign" and questioned Goodell's integrity. Affleck's appearance is being heavily discussed on social media. Some said he appeared to be drunk, while others said he was just an angry and passionate Patriots fan. THE ASSOCIATED PRESS

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Performance anxiety can be a crippling condition

PSYCHOLOGY

Zayn Malik among many grappling with stage fright

Former One Direction singer Zayn Malik, now a solo artist, knows what it means to have it: performance anxiety so bad he recently had to back out of an appearance at the U.K.'s Summertime Ball.

Among actors, singers and other performers, it's better known as stage fright and it's common, widespread and something that even age and experience may not conquer.

Cynthia Dale, who's appearing at Stratford in the Stephen Sondheim musical A Little Night Music, said singing for her is more likely to bring on anxiety than acting.

"In a way, I can perform when I'm a character, when I'm somebody else. But I do a lot of concerts when I'm just me alone and it's just Cynthia Dale onstage. That's way scarier for me, that's when the nerves take over more," she said.

Antoni Cimolino, artistic director of the Stratford Festival, knows the phenomenon well.

"I've watched it over time and careers where the sense of panic is so strong that (actors) just can't face it. And it doesn't necessarily happen at any particular moment; it can happen to somebody who's in mid-career and at the height of confidence," Cimolino said.

He recalls the late Richard Monette, a revered actor and director who was also the festival's longest serving artistic director before his death in 2008.

"In the case of Richard, in the late 1980s, he suddenly just couldn't face going onstage," Cimolino recalled.

Cimolino persuaded Monette to return to the stage in a 1997 production of Filumena Marturano, which Cimolino directed and in which Monette performed flawlessly.

But in 2002, when Monette was directing My Fair Lady, he took on the role of Henry Higgins, alternating with actors Geraint Wyn Davies and Colm Feore.

During Monette's first performance, "He got out there and he just lost the lines, and it was such a terrifying thing that he never could go back on again," Cimolino said.

Veteran actor Ted Dykstra said any actor's greatest fear in the parlance of the theatre is to "dry" onstage, i.e., to forget one's line.

"That's the terror and it comes in different ways. It's a blind, irrational fear that you will just seize up, that you won't be connected to what it is you're supposed to be doing," said Dykstra, who's starring in Coal Mine Theatre's Instructions to Any Future Socialist Government Wishing to Abolish Christmas.

Ravi Jain, who's directing Soulpepper Theatre's production of The 39 Steps in Toronto, said he nearly quit acting all together while performing in a production of Spent in India.

"I was literally on the floor. My knees had buckled and I was having an existential crisis of maybe I should stop being an actor because this is so not worth it, this feeling that I'm feeling," Jain said.

But for actors, the risk of going onstage and failing is counterbalanced by the rewards of performance.

"I love it and that rush is like nothing else. I don't do drugs, I don't need to, I go onstage," Dale said.

Reducing jitters onstage is a complicated issue. But there are ways to deal with it, including ensuring you're well prepared and being open about the problem.

"Everybody knows. You can't keep something like that a secret," Dykstra said.

"The only way to deal with it is to put it on the table. The thing is it's very normal."

And sometimes, Jain said, it's just a matter of refusing to give in to the fear.

"You have to talk to yourself and just say, 'You've done this before, you know what you're doing, it's going to be great so just suck it up and get out there.'"

TORSTAR NEWS SERVICE

Zayn Malik performs at Wango Tango at StubHub Center in Carson, Calif. He recently had to cancel a performance due to serious anxiety. RICH FURY/INVISION/THE ASSOCIATED PRESS

> It can happen to somebody who's in mid-career and at the height of confidence.
> Antoni Cimolino, Stratford Festival

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AMVIC

Dolores Claman, composer of the theme song to Hockey Night in Canada, says she was lucky she didn't have to worry about being a woman in a male-dominated industry. RICK MADONIK/TORSTAR NEWS SERVICE/THE CANADIAN PRESS FILE

Nothing truly lasts, says Hockey Night composer

Q&A

Song's creator reflects on its legacy and CTV controversy

The Hockey Theme no longer has the exposure it once did as the song for Hockey Night in Canada, but composer Dolores Claman doesn't regret selling the rights to CTV.

Nearly 50 years after the jingle writer was first commissioned to pen the ditty, the soaring anthem lives on with TSN's regional NHL broadcasts. Licensing rights for the beloved track changed hands in 2008 when Claman and the music agency representing her were unable to negotiate a deal with CBC's sports division.

The song's reduced exposure doesn't seem to faze Claman, who was honoured at the SOCAN Awards on Monday night with the cultural impact award.

The 88-year-old spoke from her home in London.

You worked at Toronto marketing firm McLaren Advertising when you were hired by the CBC in 1968. What was the industry like in that era?

It was an optimistic time. Who was in power? Pierre Trudeau. It was progressive. Lots of things were happening.

I'm sure you were one of very few women in the industry.

I was but I didn't realize it. I had a very broad-minded mother and father so whatever I was doing they thought was fine. So I just did what I do.

The mostly men (who) worked with me were very nice. Rarely did I have any problems with them not wanting to work with a woman — well yeah, a couple of times, but that's fair enough. I was lucky that I didn't worry about it at the time.

Did you ever think The Hockey Theme would take off like it did?

No. I have to be honest, I thought it was a good job for what it was and I'm glad they asked me to do it. Obviously we pleased people and we got a lot of work (out of it at the agency). I think we really did start the big centre that Toronto has turned out to be in the way of music, jingles and advertising.

Was there a moment you realized the theme song had caught fire with hockey fans?

Much later, at least 10 years. Some of my son's friends at school thought I was amazing. They came to the door to see me. And it became more and more popular, (so) I wanted my name on it because I was watching hockey and at the end they say "lighting by" and "best boy." I phoned CBC and wrote to somebody (there). They wouldn't give it to me. They saw no reason why.

Eventually you negotiated that credit, but after decades of playing on CBC's broadcasts you sold the song to CTV. That move ruffled the feathers of a lot of hockey fans. Why did you make the decision?

When new directors come on the scene (at CBC Sports) they don't like leaving things as they are. We thought, "If they don't really want it, we're just prepared to let it go completely."

(Note: In 2008, CBC executives said rights holder Copyright Music and Visuals was asking for more money than the broadcaster could afford, between $2.5 million and $3 million.)

What do you hope for the future of the song?

Nothing. For people of a certain age — 40 years and up — it's now more of a second national anthem. It's got hockey in its mind, but ... nothing lasts forever. I think it was wonderful that it lasted and is still around. A lot of people did really love it. They play it at funerals and weddings. It sounds egotistical, but it's a surprise to me that it kept going.

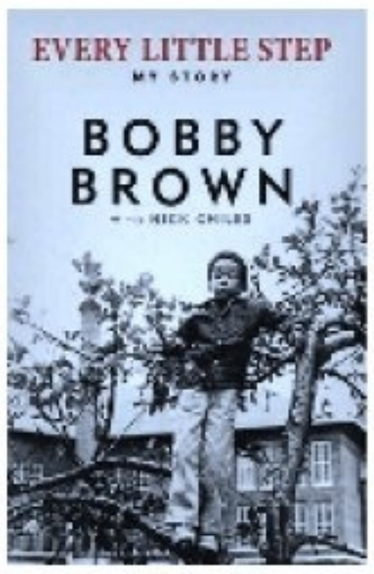
You say plenty of fans have written you over the years. Which responses are your favourite?

We didn't have any words (in the song) so French-speaking people liked it too. People wanted to write words for it. But I had so many nice things sent to me from the French parts of Canada that I appreciate very much. And kids through the years — I've got little notes from schools up in northern Alberta and (other places). Kids that draw me pictures and say thank you.

Do you keep their pictures?

Of course I do. I was very touched by that. Wouldn't you be? They brought tears to my eyes. THE CANADIAN PRESS

> **It's now more of a second national anthem.... It sounds egotistical, but it's a surprise to me that it kept going.**
> Dolores Claman



Bobby Brown on life's losses

Q&A

Every Little Step traces troubled years, transformation

As Bobby Brown awaits the arrival of his third child with wife Alicia Etheredge-Brown, a sizable void will forever remain in the life of the R&B star.

It's been nearly two years since the untimely death of Bobbi Kristina Brown, the daughter Brown shared with the late Whitney Houston. He is also the father to three adult children from previous relationships.

Brown and Houston's 22-year-old daughter, known as Krissi, died last year, six months after she was discovered face-down and unresponsive in a bathtub in her Atlanta townhome.

Her death bore eerie similarities to the way her superstar mother died in 2012. Investigators found a dozen prescription-drug bottles in her suite. Heart disease and cocaine use were listed as contributors to Houston's death.

"It's a feeling you'll never get over," Brown said in a recent phone interview.

"It just crushes my heart that she's gone. But at the same time, her mother needed her with her — and that's how I feel. They were that close that they needed each other."

In his new memoir Every Little Step (Dey Street Books), Brown charts his rise from hard-scrabble beginnings in Boston, to chart-topping superstardom with New Edition and then as a solo artist.

Brown, 47, spoke of his dashed dreams of working with Prince, discovering comfort in writing, and finding humour in the unlikeliest of moments.

Bobby Brown AP FILE

When you went solo, you wanted to draw on influences from Michael Jackson, Rick James and Prince. Did you ever get a chance to meet Prince?

I spent a lot of time talking with Prince. We were in the process of getting into the studio and working on my new album, which is going to be great. But with that Prince song, it probably would have been better.

He was the one person I always wanted to work with. He was the one person that I felt could bring out the best out of me, and I was looking forward to ... writing some songs — and I didn't get the chance.

That's something you'd been talking about?

Yes. We had been talking and everything was in the process of us working. And with him passing, all of that got discombobulated. I didn't get my dream.

He was so original. He was goofy, intelligent, and then at the same time, come on! You cannot deny his talents as far as singing is concerned. He could play any instrument you put in his hands. And I find that fascinating.

Have you had the opportunity to meet Drake or the Weeknd, and what do you think of their contributions?

I'm loving every moment of it. And no, I haven't gotten the chance to meet them or work with them — but I would love to. I think the guys of today are creative, and they're giving what they can give right now. I would love a lot more songs about love and about good relationships and being positive in your life.

You've been through such an incredibly tough few years with the loss of your parents, Whitney and Krissi. Why did you want to share these stories?

I needed to clean out. I needed everything off of my heart and off of my mind, and the only way I know how to get anything out of my head and off of my heart is to write. And writing this book has been so therapeutic for me.

It's been a long journey for me to get everything out. And that's all I had to do. I'm just trying to move on with my life and trying to be better as a man, as a father, as a brother, as a husband, as a friend.

What parts brought you joy or made me you laugh?

Just writing about my past, just writing about the things that I've been through. Stealing the bikes, chasing a girl ... and getting shot and getting stabbed and all that made me chuckle.

Getting shot and stabbed made you chuckle?

Yes. It just made me feel like: "You know what? I shouldn't have been there in the first place." But it happened. I chuckled about a lot of different things in this book, but for the most part, it was like: "Why was I so stupid to be in this position in order to get harmed?"

I live my life totally different now. By the grace of God, I can't even count how many chances I've gotten to be better or to be different. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

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Talking the talk in Game of Thrones

DIALECT

A girl may have no name, but she does have an accent

Colin McNeil
Metro | Canada

The voices in Game of Thrones are often as colourful as the characters themselves, and if you've ever looked in the bathroom mirror and given it your best "You know nothing Jon Snow," you're not alone.

John Fleming is a speech and dialect coach based in Toronto who teaches actors the ins and outs of accents and affectations. A Game of Thrones fan himself, he uses some Westerosi patios when he's working with actors.

Sounding out Westeros

A map of Westeros — which looks suspiciously like Great Britain — will clue you in on who speaks with what kind of accent. The northern end of the fictional continent is, aurally speaking, analogous to the north of England, and so on.

"They've separated the seven kingdoms, to a degree, by dialect," explains Fleming. "So all the people from Winterfell speak with a northern accent; something a little bit closer to Manchester or up in that belt between Manchester and Scotland." Think: Ned Stark, Jon Snow.

"It works well geographically compared to the Lannisters," who all speak with what's called Received Pronunciation — the standard British accent associated with posh southerners.

While most GoT actors do hail from the U.K., many are masking their natural accents in favour of one that better fits their character. Here, Fleming helps us connect the dots between fictional characters and real-world speech.

Tyrion Lannister

The outcast Lannister is a great example of an American putting on Received Pronunciation, says Fleming. Listen closely and you'll hear him distinctively halt his speech after nearly every phrase.

Ser Davos

Ser Davos Seaworth is played by Irish-born Liam Cunningham "who has a very thick Irish accent," says Fleming. He is "one of the only people on the show who puts on a Geordie accent, which is from Newcastle … right up in the northeast, near the Scottish border."

Petyr Baelish, a.k.a Little Finger

Aiden Gillan plays the former Master of Coin and brothel keeper everyone loves to hate. "He's Irish," notes Fleming, "but in The Wire, he spoke with perfect general American, even a little bit tinged with Baltimore."

He notes a deliberate change in the actor's pronunciation as the show goes on. "When he was in King's Landing during the first couple of seasons, he spoke something that was quite close to Received Pronunciation. As soon as he left King's Landing, his accent started to change and you started to hear more of his Irish qualities."

Ygritte

Fleming tells us actress Rose Leslie is actually Scottish nobility, who was educated in England. Her natural speech is fairly English, "but she puts on that very quintessential northern English accent" for the role.

Oberyn Martell

The Martell's accent is "a little bit Spanish, and a little bit Arabic and so it gives it this kind of Moroccan, Northern African feel. It fits with the design elements they're going with" for Dorne, Fleming says.

MORE ONLINE

Visit **metronews.ca** to listen to John Fleming, speech and dialect coach, impersonate your favourite GoT characters.

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Your staircase to Westeros

TV TOURISM

With the season coming to an end, relive GoT in Croatia

Vawn Himmelsbach
For Metro Canada

This staircase in Dubrovnik's Old Town was used as the starting point for Cersei Lannister's walk of shame on the season five finale of Game of Thrones. PHOTOS BY VAWN HIMMELSBACH

Dubrovnik (above) is a stand-in for King's Landing, while Klis Fortress near Split (left) serves as the road to Meereen.

At the War Photo exhibit in Dubrovnik, there's an image that stands out: a sweeping staircase, eerily deserted during shelling that destroyed more than 60 per cent of the medieval walled city after Croatia declared independence from Yugoslavia in 1991.

Two decades on, and this UNESCO heritage site has been restored to its former glory as the jewel of the Adriatic. And that staircase — now packed with tourists taking selfies — is known to millions of people around the world: It's where Cersei Lannister begins her "walk of shame" on Game of Thrones.

The TV series — based on the fantasy novels A Song of Ice and Fire and distributed by HBO — is filmed in multiple locations, from Iceland to Ireland, Morocco and Spain. In season one, the fictional fortified port city of King's Landing was filmed in Malta, but has now made its home in Dubrovnik (my GoT guide tells me it's because of significant tax breaks offered in Croatia).

But it's more than that. Sure, there's a lot of CGI in GoT — like dragons, White Walkers and such — but it wasn't hard to transform Dubrovnik into the stronghold of the Lannister family, which uses the city's existing medieval fortifications, guard towers and narrow streets to double as King's Landing. They're the real deal.

Like this staircase, where Cersei begins her walk of shame in "Mother's Mercy." Just add an angry crowd, a High Sparrow and a naked Cersei — and voilà.

In fact, actress Lena Headey, who was pregnant at the time, used a body double for this scene, though she did multiple takes to act out the facial expressions — and, through the magic of post-production, her head appears on the body double.

Several key scenes were filmed in the Old Town: at the Pile and Ploče gate, on St. Dominika street and along the city walls. Wander the streets and you might stumble upon Littlefinger's brothel, or walk in Daenerys' footsteps around Minčeta Tower where she disappears into the House of the Undying in Qarth.

Dubrovnik's Fort Lavrijenac was a stand-in for the Red Keep, and a number of scenes were filmed here, including the tournament thrown in honour of King Joffrey's name day and the spot where The Hound saves Sansa from being raped.

Not only do you get a stunning view of the Adriatic Sea from atop Fort Lavrijenac, you'll also notice a parking lot on a dramatic rocky outcropping. Sure, it's a cool spot for a parking lot, but it's also where Joffrey's wedding/death scene was shot.

The nearby Island of Lokrum was used for scenes in Qarth. And Arboretum Trsteno — a renaissance garden dating back to the 15th century — doubles as the gardens of King's Landing. They're relatively untouched by CGI; you almost expect Varys to walk around the corner.

Dubrovnik isn't the only Croatian location used in GoT, though. Split, further north on the Dalmatian coast, doubles as Meereen. Within Split's historic Diocletian's Palace, several scenes were filmed: from the dungeon where Tyrion unchains Daenerys' dragons to the spot where Ser Barristan is slain.

Head into the countryside to the ruins of Klis Fortress and you'll easily recognize the road to Meereen, where Daenerys freed the slaves and, later, crucified the masters. The fortress has a history just as interesting as a fictional story: ask your GoT guide about the "sky toilet."

Wandering through Croatia's historic sites, it may feel like you're on the set of GoT (there's even a replica of the iron throne on Lokrum). But while the night may be dark and full of terrors, Croatia is anything but.

TRAVEL NOTES BLUES, VIEWS AND A SHINING LIGHT

Elvis's Hawaii haunt gets a facelift

Work has finally begun on rebuilding the storied resort where Elvis Presley's character got married in the 1961 film Blue Hawaii, decades after a major hurricane damaged its buildings. The company redeveloping Coco Palms Resort began demolishing structures this week. It hopes to reopen the hotel in mid-2018. It initially opened in 1953 next to a historic coconut grove and an ancient Hawaiian fishpond. The grounds were once home to Kauai's last queen. THE ASSOCIATED PRESS

Elvis Presley in Blue Hawaii. HANDOUT

Penn Station's off-the-rails thriller

Catching a train at New York's crowded Penn Station is no thrill. But a development team has proposed a novel plan to overhaul the station: Build a 1,200-foot thrill ride on top of it and pay for renovations by charging $35 a ticket. Plans were submitted after Democratic Gov. Andrew Cuomo put out a request in January for proposals to renovate the rail hub, which handles more than 650,000 passengers daily, he called "a blight on the greatest city in the world." THE ASSOCIATED PRESS

The planned Halo thrill ride. THE ASSOCIATED PRESS

Lighting candles on 300th birthday

Boston Light, the first and oldest lighthouse station in the U.S., is marking 300 years of warning mariners as they navigate the tricky waters of Boston Harbor. A summer celebrating the milestone kicks off this weekend with the National Park Service's ranger-led tours resuming Friday for the season. "Not many things are 300 years old in this country," said Coast Guard Lt. Karen Love Kutkiewicz, who is helping to plan the anniversary celebrations. "It's a really big deal." THE ASSOCIATED PRESS

Boston Light lighthouse. THE ASSOCIATED PRESS

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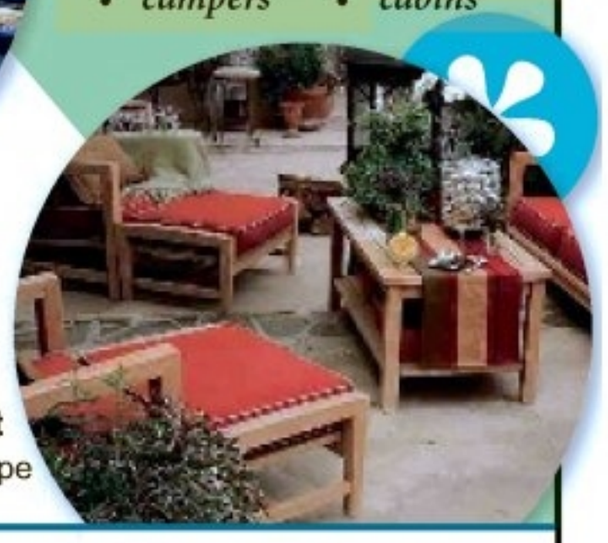

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The united states of BBQ-ing

ROAD TRIP

Love of meat, rubs and sauces crosses any political divides

David Bateman
For Torstar News Service

I thought barbecue was simple. Buy meat, heat meat, eat meat.

After nine weeks in the U.S., I realize how wrong I had been. From state to state and city to city, the meat, rub, sauce, sides, wood and cooking method change drastically. There is only one constant. From presidents to paupers, nothing brings Americans of all creeds and colours together quite like barbecue.

First stop: Detroit, Mich., where Slows Bar BQ stands like a glowing ember of success among a desolate bed of charcoal. Here, and across the Midwest, sauce is everything.

"Anyone can barbecue, not many places can do you a good sauce," says customer and Detroit native Brandon Johnson. His father's recipe is the glue that bonds his family. "Before any event, my cousins make sure my dad is on the grill before they come."

I drive south through the golden-ombre crop fields of Ohio to laidback Louisville, Ky., where I meet dungaree-clad Smoketown USA owner Eric Gould, the selfbranded "Redneck Jew," so-called for his religion and love of hunting. "The Johnsons taught me how to barbecue. They were wonderful neighbours," says the pitmaster with wispy white sideburns that resemble tiny clouds.

At 20, 46-year-old Gould suffered a brain aneurysm and had been given a two per cent chance to live. "I'm here because I believe in myself and I love people. Life is about how you treat people. I love them. That's my secret ingredient."

After six hours in a very high-heat wood-fired smoker, Gould's pork ribs (he also does beef) are so succulent and tearable I can leave teeth marks in the bone.

My next rack of pork ribs involve a lot more vigorous chewing. Before taking to the brights lights of Broadway in Nashville, Tenn., I line up for an hour at Edley's Bar-B-Que, a roadside barbecue ranch, for hard-crusted charcoal crunchy ribs that are more familiar, though less gratifying, to my British palate.

In Memphis, I discover one reason why former resident Elvis Presley's weight ballooned — the irresistible dry rub of Charlie Vergos' Rendezvous.

The pork ribs initially look so parched I think they'll grate my mouth like I had licked tarmac. But when the Cajun coating is ripped apart, juice spurts free to reveal easily chewable, pink-lined meat.

Elvis was not the only king to eat at Rendezvous. Long before U.S. President Barack Obama and former U.S. presidents George W. Bush and Bill Clinton visited, it welcomed civil rights leader Martin Luther King, Jr., who was shot a short walk away at the Lorraine Motel, which now houses the National Civil Rights Museum.

After a few hours of solemn American history, I eat at the nearby Central BBQ, where sauce is shunned in favour of a traditional Tennessee dry rub.

"The first week I worked here, an old man in the back said, 'Tom, sauce is what you put on the meat you screw up. You're not going to screw up my meat, are you?'" says Thomas Strange, who has been the restaurant's manager for the past three years.

Strange advises where to go next in search of America's other main barbecue meat. "I make the best brisket in Memphis," he says. "It's still not a brisket town. Texas comes here for pork, we go there for beef."

Soon, I'm driving on 10-lane highways past gun ranges and signs warning me I'm going to hell. I'm in Texas, where locals brim with barbecue patriotism, almost as devoted to the fat-lined brisket as the Stars and Stripes on their porches.

At Pizzitola's BBQ in Houston, the waitress hears my Scottish accent and decides I should read the menu and she will order for me. "You'll love the brisket and then you'll love me," Cindy Amolochitis says. Well, she is half right. Like the locals, the Texas brisket warmly embraces you. The state slogan says you shouldn't mess with Texas, and they don't mess with the meat, save for a smattering of salt and black pepper.

From the well-established mom-and-pop joint of Houston, I go to La Barbecue, a gleaming new food truck in Austin. The lineup is continuously 60-strong on a Wednesday morning.

On the benches of La Barbecue's lot, suited lawyers tear beef and pork ribs next to unemployed students. Rich to poor, black to white, Detroit to Texas, barbecue is the great equalizing obsession in a deeply splintered country.

Smoketown USA owner Eric Gould adds a 1-2-3 rub combo of salt, pepper and granulated garlic that packs a flavourful punch. DAVID BATEMAN/FOR TORSTAR NEWS SERVICE

EAT HERE

- **Slow's Bar BQ:** Detroit, Mich., slowsbarbq.com
- **Smoketown USA:** Louisville, Ky., smoketownusa.com
- **Edley's BBQ:** Nashville, Tenn., edleysbbq.com
- **Charlie Vergos' Rendezvous:** Memphis, Tenn., hogsfly.com
- **Central BBQ:** Memphis, Tenn., cbqmemphis.com
- **Pizzitola's:** Houston, Tex., pizzitolas.com

PLACES TO QUENCH YOUR TRAVEL THIRST

Summer is here, time to get out and explore your surroundings — and maybe knock back a few. Within two hours of your city there are many wineries and craft breweries that offer tours, tastings and delicious food in picturesque settings. Be sure to visit the website of your destination for tour times, hours of operation, pricing and if advanced booking is required.

KATE HOBSON/FOR METRO

CALGARY

Field Stone Fruit Wines

Forty minutes east of Calgary, visit this winery to meet the owners and enjoy tasting through a line-up of fruit wines. Although no formal tours are available, visitors are welcome to explore the property and enjoy wine and a picnic lunch in one of the gazebos. Try a bottle of their signature Bumbleberry Fruit Wine made from a blend of berries grown on the property. **Fieldstonefruitwines.com**

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Bench Creek Brewing

Two hours from Edmonton, Bench Creek Brewing is a rural destination brewery with a 1,000 square-foot patio, tasting room and growler bar. It also often hosts a food truck on Saturdays. Try their famous Naked Woodsman Pale Ale, a balanced, refreshing and complex beer. Book ahead for a Saturday guided tour with the brewmaster. **Benchcreekbrewing.com**

TORONTO

Norman Hardie Winery

Two hours east of Toronto in Prince Edward County, wines are carefully guided through a natural fermentation and ageing process at this vineyard using few modern techniques. Try their wines at the tasting bar and then enjoy lunch overlooking the vineyard on a sunny patio where they serve Italian-inspired thin crust pizza made in an outdoor wood-burning oven. **Normanhardie.com**

OTTAWA

Domaine Mont-Vézeau

Just over an hour from Ottawa in Ripon Quebec, this vineyard offers highly educational guided tours with tastings. Tours cover topics such as grape growing, grape selection and the winemaking process. They also grow strawberries and raspberries and offer berry picking when in season. **Domainemont-vezeau.com**

HALIFAX

Luckett Vineyards

An hour from Halifax in Gaspereau Valley, this vineyard offers tasting flights, a stunning patio overlooking the Blomidon and the Minas Basin and it's a charming lunch spot with a focus on local food. The cured meat and cheese boards are perfect for sharing while you sip some wine. Daily tours are also available. **Luckettvineyards.com**

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HEALTH AND WELLNESS

Relax with these 5 tips on summer airport travel

ISTOCK

Summer is peak travel season and airports from coast to coast are bursting at the seams. Whether flying for business or pleasure, make your air travel experience go smoothly with these five expert tips from Roch Lefebvre, seasoned traveller and services director for Air Canada:

1. Take a breather, and think before packing. Most people bring too much, but forget basics like underwear or sunscreen. Make a checklist of all the things you'll need, and save it on your computer or smart device so you can use it again on your next trip.

2. Know your carry-on and checked baggage allowances, including dimensions and prohibited items, before packing. Remember that any liquids in your carry-on need to be in containers measuring 100 mL or less. Instead of buying overpriced travel-sized toiletries, save with environmentally friendly refillable mini containers for your shampoo and creams.

3. Double check that the details of your itinerary including name spelling, date, time, seat assignment etc., are correct to avoid delays — or worse, a missed flight. Also make sure to enter your frequent flyer card info when you purchase your ticket, and check that the name on your passport and points card match up so you don't miss out on those miles.

4. Take advantage of online services. When you buy your ticket, select your meal-type preference and indicate any dietary restrictions so you know you'll have something you can eat on the plane. Another time-saver is checking in online up to 24 hours before departure and selecting your seats before arriving at the airport. An electronic boarding pass will be sent to your email or phone that you can use to get through security and board the plane.

5. Above all, relax, use common sense and enjoy your travels knowing that at Air Canada safety is first and last, all the time. When you see the red maple leaf on the aircraft tail, you know you're one step from home.

— NEWS CANADA

ISTOCK

Life-affirming health begins with you

At the Calgary Centre for Spiritual Living, we believe that health is normal and dis-ease or illness is abnormal. That's a pretty bold statement, especially in an era where the advertising industry tries to convince us that illness is the norm: "Buy this product for your cold, buy that product for your heartburn, buy the other product for your corns, your headache, your stomach ache." And the thing is, those ads are so inviting, so alluring, so full of happy, beautiful people, doing happy, beautiful things, that we may catch ourselves thinking, "I don't care what it's for, I just want to take that wonderful medicine and so that I, too, can live that wonderful life!"

Yet, the truth is, health — perfect, vital, good health — is normal, natural, and the way we are meant to live! How do we know this? Because when we feel good and healthy, we don't talk about it. But when we are sick, we whine and complain. So which seems "normal" to you?

So if health is normal, why do we experience physical challenges such as illness, or dis-ease, or aches and pains? In part, because of the false ideas, thoughts, and beliefs we have about ourselves and our bodies. In many cases, our thoughts are literally making us sick.

The good news is, what thought creates, thought can un-create. In other words, we can overcome those negative thoughts, by consciously replacing them with positive, life-affirming, healthy thoughts. It really is that simple.

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Get beach body ready

With the hot weather upon us it's the perfect time to rejuvenate your mind, skin and hair.

It's summertime and whether you realize it or not your body needs a little bit of rejuvenation, according to Hair Restoration Services (HRS) owner Arlene Forster, who says the people should think about face and body renewal for the summer — and in particular body hair removal.

"We believe in rejuvenating your hair, body and skin so that you can look and feel your best, especially as the weather warms up,. We offer body hair removal for both men and women," Forster says.

"Not only do we offer the latest technology in laser hair removal, skin resurfacing, skin tightening and fat and cellulite reduction, we also offer free consultations on all of our services."

Forster uses cutting-edge technology including the Body Fx, which is a radio frequency machine that reduces cellulite and tightens skin at the same time as well as laser hair removal and the wrinkle reducing machine, Fractora. She also offers Hair Talk hair extensions, Revita, which is a growth product and Capillus laser cap in a variety of sizes and prices. HRS also specializes in hair loss treatments for both men and women.

ISTOCK

Hair Restoration Services has won the Consumer Choice Award for 12 years in a row, including 2016, and they continue to lead the industry when it comes to skin tightening, laser services and hair-loss services.

Prepare your skin for summer sun

It's summertime and with the hot weather comes the need to better protect and rejuvenate your skin.

During winter and early spring, the colder temperature can often take a toll on the skin and on especially the face, which is exposed to more elements than the rest of the body.

That's why a facial provides so many benefits including moisturizing and hydrating the skin to leave it feeling fresher than ever, according to Santé Spa marketing director Christina Arthur Dick.

"While a facial treatment is often chosen as a relaxing and enjoyable experience, there are also many health benefits and better skin is one of them," she says. "There are both emotional and physical benefits such as increased circulation, better skin, anti-aging and cleansing powers."

Whether it's a treat for yourself or a ladies spa day with friends, there are many other treatments Santé Spa has to offer, including massage, manicures, and pedicures.

"Our luxurious Santé Spa facial treatments will prepare your skin for the dry weather and hot sun and of course, if you suffered a sun burn it can help that as well. It's a delightful antidote to the hotter summer weather."

Santé Spa is a boutique spa located at the top of the Hotel Le Germain in Downtown Calgary, which offers rejuvenating spa treatments and advanced skincare.

For more information, please visit germain.santespa.com.

ISTOCK

BACK PAIN BASICS: WHEN TO SEE A CHIROPRACTOR

Back pain affects as many as 85 per cent of Albertans at some point in their lives and for many it can be quite painful.

Back pain can affect anyone, regardless of age, and can impede even simple, routine activities like walking, sitting and sleeping, according to Edmonton Chiropractor Dr. Brian Gushaty.

"For the people who suffer — and there are many — it can be a frustrating, exhausting and painful road to recovery," he says. "Back pain resulting from injury or trauma is more evolving than chronic back pain."

This is why early intervention is so important.

"Patients will often say, 'I thought it would go away on its own.' And while it certainly can in four to six weeks, that is not always the case. Sometimes back pain can resolve itself, but if the pain is not lessening, or is getting worse, it's best to see your chiropractor as soon as possible. Early intervention may prevent your condition from becoming chronic."

It's especially important to address back pain in an effort to combat degenerative disc disease, also known as DDD, which is extremely painful and greatly affects quality of life.

Dr. Patricia Andrews, an Edmonton chiropractor, says DDD can strike without the sort of trauma you might expect.

"DDD is actually an arthritic disorder that can start with or without a known injury to the back. The intervertebral disc structure between each spinal bone absorbs compressive shock and offers tensile strength," says Andrews.

Back pain is considered a musculoskeletal (MSK) condition — an MSK condition chiropractors are experts at treating. Back pain is actually one of the top reasons why nearly one million Albertans each year seek treatment from a chiropractor.

"Chiropractors are experts trained to not only diagnose, but also treat musculoskeletal conditions that lead to back, neck and head pain. Your chiropractor will work with you to ensure the optimal treatment options," Gushaty adds.

ISTOCK

Chiropractors use a variety of diagnostic methods and treatment options including: hands-on spinal therapy (an adjustment), activator, decompression tables, flexion distraction, magnetic resonance imaging (MRI), ultrasound, electromyography and radiography.

More information, including where to find a chiropractor near you, can be found at albertachiro.com.

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ISTOCK

Soothe your skin with a healing cream

There is a common misconception that only teenagers battle facial acne but up to 70 per cent of adults will experience outbreaks of the skin condition in their lifetime.

Dermatitis on the face — also known as facial acne — affects people of all ages although women are more likely to experience the skin condition.

People used to think that acne was just a cosmetic issue, but it's a chronic skin condition that can cause self-esteem issues for the sufferer but there is hope, according to Montreal-based distributor Canada Orient International Trade's spokesperson M Chen.

"Many factors can cause dermatitis on the face, such as washing the face with cleansers too much or too frequently, UV radiation, allergy to some makeup and skin care products containing hormones," Chen explains. "If one suffers from this type of problems, Jian Pai natural skin healer can be a highly effective remedy."

The Jian Pai skin cream is 100 per cent natural so it doesn't contain hormones and the product carries an NPN issued by Health Canada.

"Jian Pai cream helps heal or reduce various skin problems including dermatitis. This cream is suitable for everyday use and is effective for most skin problems," she adds.

There is an example of an older woman who was suffering from a bout of red small red acne on her face and expanded towards her forehead and nothing worked until she applied Jian Pai natural skin healer.

Before you reach for reading glasses, read this

Thousands of Canadians have to reach for their reading glasses before they grab their favourite book to enjoy — but it doesn't have to be that way.

What used to sound impossible is now a reality for thousands of Canadians who need reading glasses as a promising new treatment is now available at Gimbel Eye Centre in Calgary and Edmonton, according to Chief Operating Officer Gregg Becker. The process is quite new to Canada but is being used in many other parts of the world including Japan and Europe.

"The KAMRA inlay one of the most promising treatments we at Gimbel have found to address the age old challenge of eyes that come to need reading glasses. This surgery basically reduces or eliminates the need for reading glasses in our patients," Becker says. "I've had it done and it reduced my use of reading glasses by about 80 per cent."

ISTOCK

The KAMRA inlay itself is a high tech insert, which is placed into the cornea of one eye in a simple and short procedure, with no pain, and it uses the same laser technology as other procedures done at Gimbel, which have been used for decades

It's just another reason why Gimbel Eye Centre is a pioneer in safe and high quality service for over 50 years in Alberta as it continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry," Becker adds. For more information, please visit gimbel.com.

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IN BRIEF

Sixers take Simmons No. 1
The Philadelphia 76ers selected LSU freshman Ben Simmons with the No. 1 pick in the NBA draft Thursday night.

The 76ers grabbed the versatile six-foot-10 forward from Australia who averaged 19.2 points, 11.8 rebounds and 4.8 assists last season.

Shooting guard Jamal Murray was the top Canadian taken at No. 7 by Denver, while Toronto selected centre Jakob Poeltl ninth.

THE ASSOCIATED PRESS

CM Punk to make MMA debut at UFC 203
The UFC announced on Thursday that ex-pro wrestler (CM Punk) Phil Brooks will make his long-anticipated mixed martial arts debut when he fights Mickey Gall at UFC 203 on Sept. 10. THE ASSOCIATED PRESS

Tiger-Cats spoil Argos' debut at new home
Jeremiah Masoli threw three touchdown passes as the Hamilton Tiger-Cats beat Toronto 42-20 to spoil the Argonauts' official BMO Field debut Thursday night.

Masoli completed 27 of 37 passes for 318 yards as Hamilton crashed the party at its arch rival's new home following 27 seasons at Rogers Centre. Toronto moved to the domed stadium in '89 after 30 years at Exhibition Stadium.

THE CANADIAN PRESS

Dickenson saddles up

STAMPEDERS SEASON PREVIEW

Team insists 'message hasn't changed' after deck shuffled

The Calgary Stampeders seem dramatically different heading into 2016 because of the team's conservative pace of change for the better part of the last decade.

Continuity still runs through the winningest team in the CFL for the past eight seasons. Coaching dynamics may have altered this year, but prominent personnel haven't.

Longtime coaches Dave Dickenson and DeVone Claybrooks have shifted into positions with more responsibility.

General manager John Hufnagel handed his head-coaching reins to Dickenson, who will call Calgary's offence for a sixth season.

Claybrooks makes his debut as a CFL defensive co-ordinator after four years coaching the Stampeders defensive line.

Corey Mace stepping out of the player ranks to replace Claybrooks and the addition of Ryan Dinwiddie to oversee the quarterbacks are the only coaching adjustments this season.

Hufnagel may no longer be on the sidelines, but remains a presence as GM.

"Our general is still Huff. Now we've got a different colonel," Claybrooks says. "The message hasn't changed and the people delivering it hasn't changed.

Dave Dickenson has been a coach with the Stampeders since 2009 but he is the head coach for the first time in his career this season. MIKE RIDEWOOD/THE CANADIAN PRESS

"There's no question it's Dave's team and not Huff's, but our bottom-line message is still the same. We win football games the Stampeder way."

SCHEDULE
Calgary opens on the road Saturday against the B.C. Lions followed by their home-opener July 1 against the Winnipeg Blue Bombers.

Dickenson's relationship and communication with starting quarterback Bo Levi Mitchell is well established.

Calgary is blessed with depth at that make-or-break position. Mitchell is considered one of the league's elite QBs and Drew Tate is one of the most experienced backups in the CFL. But the Stampeder dressing room is in transition.

Departed defensive backs Juwan Simpson, Keon Raymond and Karl McCartney, running back Jon Cornish and long snapper Randy Chevrier were long-serving veterans who set the tone for a team that made the playoffs every year and won two Grey Cups under Hufnagel.

Who will form Calgary's new leadership group is a question still to be answered, but Mitchell, linebacker Deron Mayo and safety Josh Bell are candidates.

"I think it's a little bit of a feel-out period on that," Dickenson said. "We're not as 'rah-rah' of a team right now.

"We're in a bit of a youth movement, this team. We feel like we need to get younger and we have to build something, that's the truth."

THE CANADIAN PRESS

IDENTITY

Fullback Rob Cote of Cochrane is now the longest-serving Stampeder in his 10th season.

"We're going to have to make our own identity," Cote said. "That's the evolution of things. You grow and grow and get to a certain point and you're either going to slowly drop off or you're going to have to mix it up or change something in order to keep growing.

"I think that's what we're trying to do. New leaders will emerge and people will step up and fill those roles."

Rob Cote
THE CANADIAN PRESS

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Logan Brown GETTY IMAGES

NHL DRAFT

Prospects await their futures

On the eve of finding out his hockey future, Logan Brown admitted to a case of the nerves.

"It's tough," said the six-foot-six, 220-pound centre from the Windsor Spitfires. "Like it's the greatest time of my life, but it's also the worst. I'm ready for it to happen. Just real anxious."

Brown likely won't have to wait long. The big centre from Chesterfield, Mo., who is the son of former NHLer Jeff Brown, is ranked seventh among North American skaters by NHL Central Scouting.

Canadian teams will figure prominently in Friday night's draft in Buffalo, with Toronto picking first, Winnipeg second, Edmonton fourth, Vancouver fifth, Calgary sixth, Montreal ninth and Ottawa 12th.

But Canadian talent may have to wait its turn behind U.S. and other foreign players.

American Auston Matthews is expected to go first overall, followed by Finns Patrik Laine and Jesse Puljujarvi.

Brown may be anxious but the well-spoken 18-year-old is mature enough to keep things in perspective.

"When you look at it closely, it's tough and it's stressful. But when you really look back and you look at the position that we're in, it's going to be awesome. We're getting drafted in the NHL (Friday) night. It's what I've been working for for about 16 years now."

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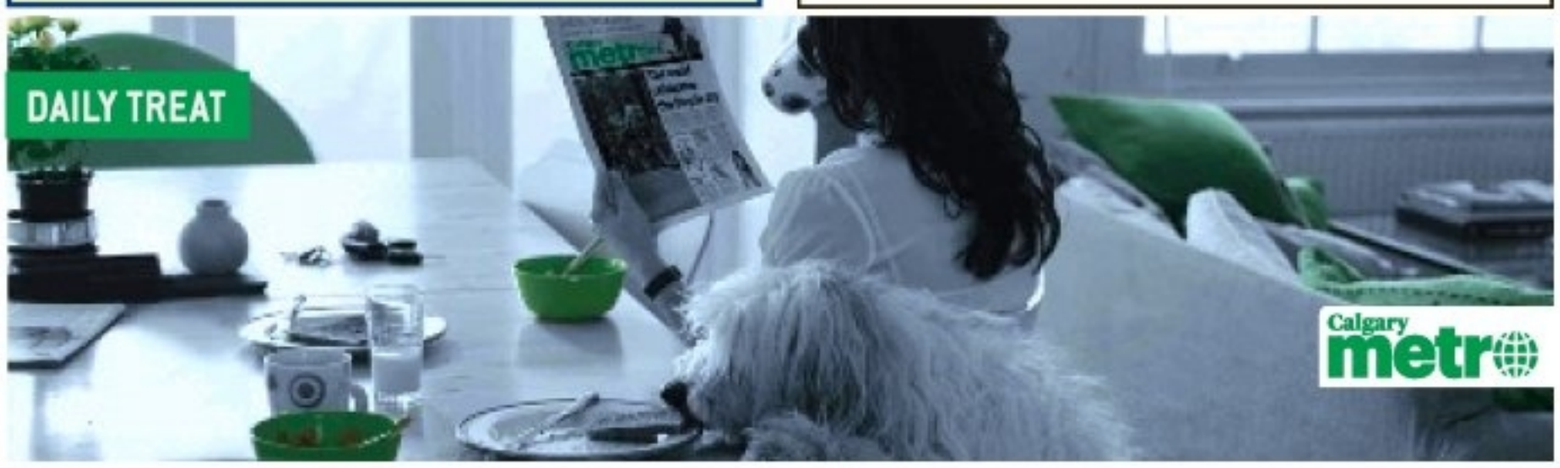

RECIPE Slow Cooker Butter Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Your slow cooker does all the work for this lightened up Butter Chicken. There's next to no prep time but you'll come home and have a delicious, creamy dinner on the table before you could order it in.

Ready in
Prep time: 10 minutes
Cook time: 6 to 8 hours

Ingredients
- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 1 5 oz tube of tomato paste
- 1 heaping Tbsp curry
- 1 14 oz coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.

2. Close the lid.

3. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be okay.

4. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

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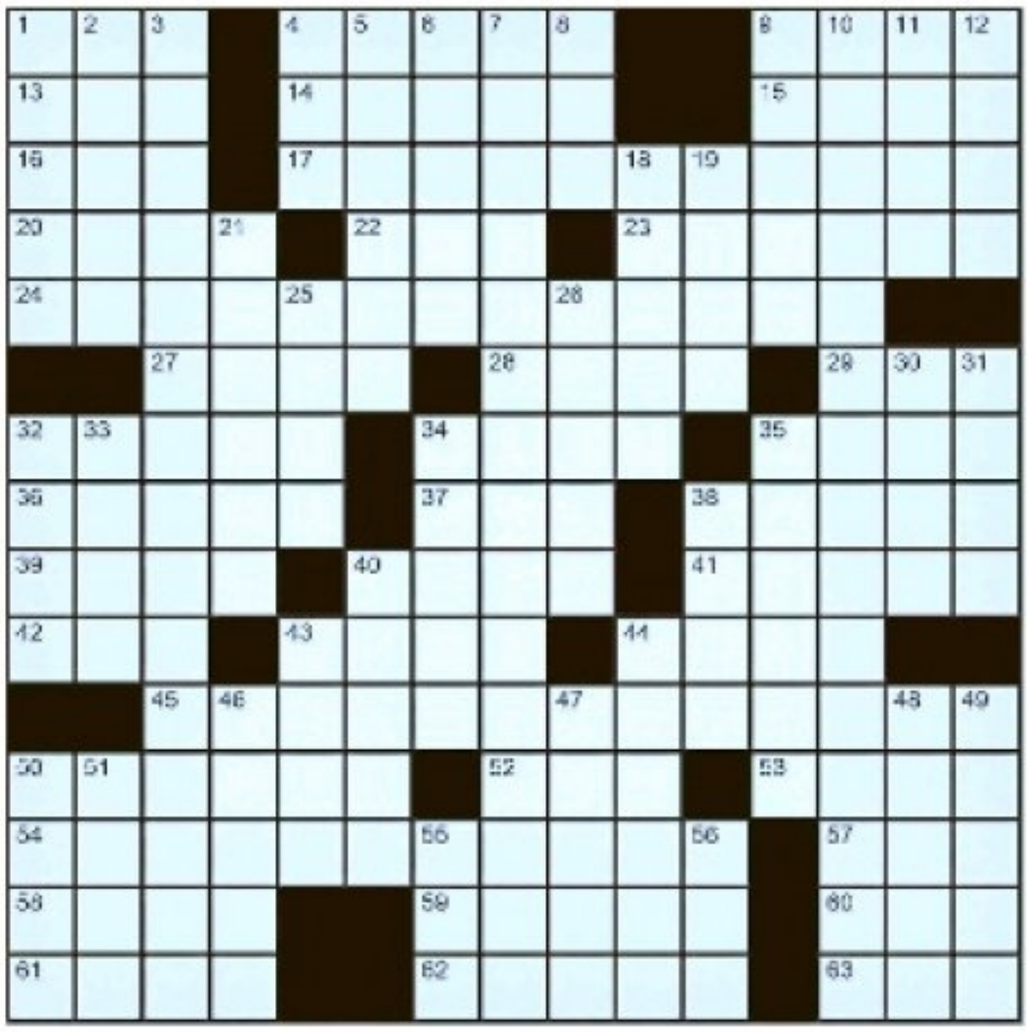
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Industrial lettered material for an edgy dress
4. __ are alike (Craft fair sign)
9. Shrinking sea in Central Asia
13. "She Loves You" repeated word
14. "Rings __ Fingers" (1942) starring Gene Tierney and Henry Fonda
15. Naught
16. 'Ariz' completer (American state)
17. New exhibition at the Canadian War Museum: __ - Air War, 1914 - 1918
20. Gang's territory
22. Sequence [abbr.]
23. Michelangelo's hammer
24. Bullpen warmer-upper: 2 wds.
27. Sufficient, fun-style
28. Oscar-winner Patricia
29. Table scrap
32. Shock weapon
34. Many a moon
35. Hellmann's, e.g.
36. Hence...: 2 wds.
37. Branch
38. Green hue
39. Proofreading term
40. __ de Flandres (French stoneware)
41. Skilled at crafts
42. Beer barrel
43. '70s music genre, __-Rock
44. Mr. Sharif
45. Threat in "Independence Day: Resurgence" (2016): 2 wds.
50. __ ship
52. Litigate
53. Blackthorn fruit
54. Where a loonie will get you lots: 2 wds.
57. Liq. measures
58. In a lazing-about way
59. Student on 1986 to 1991 comedy "Head of the Class"
60. Capture
61. Sweater necklines
62. "__ Earp" (1994)
63. Li'l length units

DOWN
1. Russian composer, __ Ilych Tchaikovsky
2. Sports event locale
3. French President who famously said "Vive le Quebec libre!" in a 1967 speech in Montreal: 3 wds.
4. Show agreement
5. Unrepeated happening
6. Twyla __ (Broadway/ballet choreographer)
7. Engaged couple's official gifts wish list: 2 wds.
8. NBA's Magic team, on scoreboards
9. Leg part
10. Gordon Lightfoot song with the word 'Canadian' in the title, what are the two other words?
11. "Zip-_-_-Doo-Dah"
12. Endure
18. Famously lettered gyms
19. Montreal-born humourist Mort
21. Most exquisite
25. Overseas monetary unit
26. Abounds
30. Deli sandwich loaves
31. Broadway award
32. Chore
33. Feed the poker kitty
34. Mr. Eckhart
35. Quagmire
38. Priest of Tibet
40. Ms. Garson of movies (b.1904 - d.1996)
43. Leaning Tower locale
44. No longer dwelling on a problem: 2 wds.
46. Namesakes of Herman Munster's wife
47. La Vita __ (Dante prose)
48. Moved, molasses-style
49. Chirpers' homes
50. Nero's 404
51. Didn't walk there
55. Carpentry tool
56. Toronto summer hrs.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next month, you have to deal with disputes about inheritances and shared property. You are ready to fight for your own rights and the rights of others.

Taurus April 21 - May 21
Relations with partners and close friends will continue to be prone to conflict in the next month. This means you have to be patient and tolerant.

Gemini May 22 - June 21
In the next month, you will keep busting your buns to prove to everyone what you can do. Actually, you enjoy working hard, because you are productive!

Cancer June 22 - July 23
It's fun city for you for the next months. Plan a vacation! Enjoy romance and love affairs. Playful times with children plus the arts and sports events will appeal.

Leo July 24 - Aug. 23
Your home scene continues to be hectic and chaotic in the next month because of residential moves, renovations, visiting guests, whatever. Do your best to stay calm.

Virgo Aug. 24 - Sept. 23
You continue to persuade others to agree with you in the next month. That's why this is a great time for writers, teachers, actors and anyone in sales and marketing.

Libra Sept. 24 - Oct. 23
You will work hard to earn money in the next month. Take note: You also will spend it freely!

Scorpio Oct. 24 - Nov. 22
Fiery Mars continues to be in your sign for the next month, then it's gone for several years. This will pump your energy and give you lots of drive.

Sagittarius Nov. 23 - Dec. 21
Secret deals as well as secret love affairs might take place in the next month. Be careful what you do, because you might be found out.

Capricorn Dec. 22 - Jan. 20
Competition with others, especially in physical sports, will still appeal to you in the next month. This is no surprise, because you are a perfectionist at heart.

Aquarius Jan. 21 - Feb. 19
Because your ambition is aroused in the next month, use this time to make your mark in the world. Now is the time to tell bosses, parents and teachers what you really want to do.

Pisces
Feb. 20 - March 20
Travel for pleasure appeals to you in the next month. Whatever you do, grab every chance to learn more, have adventures and expand your horizons!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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SOLVE ALL PROBLEMS OF LIFE

JESUS NEVER FAILS
No matter how perfect a system or a person is, it can still fail. The only person who cannot fail is Jesus and has the power to meet all your needs except you refuse to ask Him as He Himself said, "Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full"(John 16:24 ESV) Take advantage of this open cheque from Jesus, and He will not fail you.
For prayers and counseling call the pastor at 587.579.0454
RCCG CHRIST EMBASSY CHURCH
1101 2nd St NW, Calgary AB
EMAIL pastor@rccgchristembassy.org
WEBSITE rccgchristembassy.org

JUNE 24 | JUNE 25 | JUNE 26 | JUNE 27 | JUNE 28 | JUNE 29 | JUNE 30 | JULY 1 | JULY 2 | JULY 3

SUPER LOW LIQUOR

2232-52nd Street SE
403-273-2722

USE ONCE A DAY, EVERYDAY TO MAXIMIZE YOUR SAVINGS!

$9.95 Drummond Premium Lager (Brewed in Alberta) 15pk cans

$15.95 Mountain Crest Classic Lager (Brewed in Alberta) 16pk bottles

$23.95 ea Corona, Heineken & Stella 12pk bottles

$36.95 ea Budweiser, Kokanee, Canadian & Coors Light 24pk cans

$7.95 ea Smirnoff Ice 4pk bottles

$9.95 ea Boxer Hard Root Beer 6pk bottles

Bacardi Breeezer 12pk Can **$17.95 ea**

$20.95 ea Twisted Tea Iced Tea & Half and Half 12pk cans

$15.95 Russian Prince Vodka 750mL

$17.95 Smirnoff Vodka 750mL

$34.95 Grey Goose Vodka 750mL

$15.95 Sailboat Rye 750mL

$22.95 Crown Royal Rye 750mL

$24.95 Jack Daniel's Whiskey 750mL

$17.95 Bacardi White Rum 750mL

$19.95 Captain Morgan Spiced Rum 750mL

$9.95 Rovers Irish Cream 750mL

$6.95 ea Copper Moon Shiraz, Riesling & Pinot Grigio 750mL

$7.95 ea Dragon's Tears Cab Sauv & Sauv Blanc 750mL

$9.95 ea Alamos Cab Sauv 750mL

$9.95 ea Apothic Red 750mL

$9.95 ea Cupcake Black Forest 750mL

$11.95 ea Oyster Bay Sauv Blanc 750mL

MUST SHOW THIS AD
TO GET THESE SUPER DEALS

Valid Friday June 24th to Sunday, July 3rd, 2016

CASH & DEBIT CARD SALES ONLY - While Quantities Last - We Reserve The Right To Limit Quantities. Daily limit applies. Price Excludes GST & Deposit. No Substitution, No Raincheck. Pictures may not be exactly as illustrated. Limit 1 flyer per customer

Please Drink Responsibly